



News Leader®



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Fort Sam Houston — Home of Army Medicine

December 19, 2002

Briefs

323d Army Band Holiday Concert, Dec. 19

The FSH Community Holiday Concert featuring the 323d Army Band and the Texas Children's Choir will be held Dec. 19 at 7 p.m. at the Roadrunner Community Center, Bldg. 2797, Stanley Road.

Holiday goodies for soldiers on guard duty

Those who wish to provide cookies or other edible goodies for soldiers on guard duty during the holiday period may bring them to the Military Police station located at the corner of Wilson Road and North New Braunfels Avenue.

Vehicle Registration will be open Dec. 21

The Vehicle Registration in the Welcome Center, Bldg. 367 will be open to the public on Saturday, Dec. 21 from 8 a.m. to 1 p.m. The following documents are required to register your vehicle: current state license plate registration, proof of insurance, valid drivers license and military or civilian ID.

ID Card Office opens on Saturday, Dec. 21

To enhance our service to military personnel, retirees and family members during the holiday season, the ID Card Office located in Bldg. 367, will be open to the public on Saturday, Dec. 21. We will provide service on a walk-in basis from 8 a.m. to 1 p.m. For information call 221-2278 or 221-0415.

Commissary Holiday Hours

The FSH commissary will be closed Dec. 25 and Jan. 1. The commissary will close at 3 p.m. on Dec. 24. Normal regular store hours will resume on Dec 26. The store will close at 8 p.m. on Dec. 31 and reopen at 7 a.m. on Jan. 2.

News Leader Final Issue

This is the last issue of the year. The first issue of 2003 will be published Jan. 9. All submissions for that issue must be received by noon Jan. 6.



Photo by Esther Garcia

Center Brigade gets new historical name and color

Colonel Maureen Coleman, 32d Medical Brigade commander passes the new unit color to Command Sgt. Maj. Sampson J. Rush. The Center Brigade, Army Medical Department Center and School, was re-designated as the 32d Medical Brigade during a ceremony held prior to retreat on Dec. 13, at the main post flagpole. See story on Page 3.

Pentagon has begun vaccinations against deadly smallpox virus

By Sgt. 1st Class Doug Sample
American Forces Press Service

The Department of Defense has begun mandatory smallpox vaccinations of military personnel, according to DoD's top health official.

Dr. William Winkenwerder, assistant secretary of defense for health affairs, said immunizations started Dec. 12 and would continue "over the next weeks and months." He said DoD is concentrating initial immunizations on units with "high priority." He said National Guard and Reserve units would be added in the near future.

"There are a fairly large number of troops that have been identified as being the highest priority, the most important to vaccinate," he said. "We'll start with ... teams that would respond in the case of an attack, followed by military medical personnel, and then certain forces that we believe would be important to carry out any missions ... in the near future."

Mass smallpox vaccinations of service members come amid growing White House and Pentagon concerns about bio-terrorist attack threats that U.S. and allied forces would face if Iraq or any enemy has a store of smallpox virus.

Although Winkenwerder would not confirm any specific threat against U.S. military personnel, he did say the services need to be prepared now.

"We can't quantify the threat, and it would be inappropriate to suggest exactly the degree to that threat. But we know that smallpox stores do exist. We know that there are people who are unfriendly to our country," he said. "You put those together and it certainly creates the possibility that smallpox could be used in a deliberate way. So our first order of duty and business in the military health systems is to be prepared."

Being prepared raises hundreds of questions for Winkenwerder. His office has been working closely with the Centers for Disease Control and Prevention on the issue, compiling fact sheets for military personnel covering everything from the nature of smallpox to vaccine safety.

See **Pentagon** Page 3

USA All-American Bowl features Washington's Twilight Tattoo

Twilight Tattoo, Jan. 3

The 2003 U.S. Army All-American Bowl will mark the first time the "Twilight Tattoo" will perform outside of Washington D.C. and New York City. The "Twilight Tattoo" will be performing on Friday, Jan. 3 at 7:30 p.m. inside the Alamodome as part of game week festivities. The event is free to the public, but tickets are required. Tickets are available at the Road Runner Community Center, Bldg. 2797, Stanley Road, Fort Sam Houston.

The "Twilight Tattoo" has entertained more than 50,000 people on the White House Ellipse in the past year. The

"Twilight Tattoo" performs every Wednesday evening during the summer on the west slope of the Washington Monument grounds. "Twilight Tattoo" can be described as an hour-long sunset military pageant that features members of the 3rd U.S. Infantry (Old Guard), the U.S. Army Band, "Pershing's Own," Fife and Drum Corps, and U.S. Army Drill Team.

With more than 100 Old Guard Soldiers dressed in period uniforms, a portion of the show is dedicated to providing a fast-paced travel through Army history from the days of George Washington to the soldier of the future.

U.S. Army All-American Bowl, Jan. 5

The U.S. Army All-American Bowl will be held Sunday, Jan. 5 at the Alamodome beginning at 6 p.m. Tickets are available at the Jimmy Brought Fitness Center on Fort Sam Houston or through Ticketmaster at (210) 224-9600.

The game features the top 78 high-school football players in the country in an East versus West showdown, and will be aired live on ESPN 2 at 6 p.m.

See tomorrow's college and NFL stars as well as future college greats for Texas A&M and the University

of Texas. Also included in this year's game are Smithson Valley's own, Corey Clark and Judson's Mark Koalenz.





Maj. Gen. Darrel R. Porr

Commander’s Holiday safety message

The holiday season and New Year’s celebration are traditional times when family and friends gather at home or take extended trips throughout the country. Unfortunately, it is also a period with an increased potential for serious accidents.

Commanders and leaders will ensure that all members of their organizations receive a thorough safety briefing prior to the holiday season.

Those who plan to travel in their privately owned vehicles (POV) must incorporate risk management. The leading causes of soldier fatalities in POV accidents are due to driving too fast for conditions, not using seat-belts, or falling asleep at the wheel. Inspect your family vehicle for safe performance. Ensure you take the necessary equipment in case of an emergency stop on the roadway. Also, avoid the use of drugs and alcohol while driving.

Accident potential also exists in the home. Ensure holiday decorations do not present a fire risk. Lighted

candles should never be left unattended. If you are using a live tree, ensure it is watered regularly. Also, do not overload electrical circuits.

Accident prevention is everyone’s responsibility. Regardless of the activity, remain alert to hazards. Do not become a holiday statistic!

Let’s all do our part to make this holiday season happy, joyous, and accident free. Be safe and enjoy the holidays.

A handwritten signature in black ink, appearing to read "Darrel R. Porr". The signature is stylized with a long horizontal line extending to the right.

Darrel R. Porr
Maj. Gen., U.S. Army
Commanding

Fort Sam Houston News Leader

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**Army Medical Department
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Fort Sam Houston
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Photos by Esther Garcia

Major General Darrel R. Porr, commander, Army Medical Department Center and School and Fort Sam Houston, speaks to the audience attending the re-designation ceremony of the Center Brigade to the 32d Medical Brigade.

Command Sgt. Maj. Sampson J. Rush, 32d Medical Brigade, retires the color of the Center Brigade as Col. Maureen Coleman, 32d Medical Brigade commander, holds the staff. Major General Darrel R. Porr, commander, Army Medical Department Center and School and Fort Sam Houston, officiated the ceremony.



Center Brigade re-designated 32d Medical Brigade

By Edward Rivera
Fort Sam Houston Public Affairs

The Center Brigade, Army Medical Department Center and School held a re-designation ceremony Dec. 13, re-flagging the unit as the 32d Medical Brigade. The ceremony took place at the main post flagpole on Stanley Road prior to retreat.

The ceremony consisted of a reading of the history of the Center Brigade and inactivation orders followed by the official inactivation. Prior to the activation of the 32d Medical Brigade, Col. Maureen

Coleman read of lineage of the 32d Medical Brigade, which began in 1940 as the 32d Medical Battalion.

“You have witnessed the unfurling of a new set of colors. What you may not be aware of is the amount of commitment and dedication put forth by two command teams to make this re-designation a reality,” said Maj. Gen. Darrel R. Porr, commander AMEDDC&S and Fort Sam Houston.

The Center Brigade, the largest training brigade in the Army, was the only one that had not been numerically designated. Through the efforts of Col.

Kenneth Crook, former Center Brigade commander and the regimental historian, Ron Still, among others identified the 32d Medical Battalion as a unit bearing a distinct medical lineage and history. “A history that is indeed fitting what we do today,” said Porr.

“Whether in the lab, dental clinic or a bloody foxhole, we share the common reality of combat past and combat yet to come,” said Col. Maureen Coleman, 32d Medical Brigade commander. “Therefore the 32d Medical Brigade will henceforth be known as the combat medic brigade.”

Both commanders spoke highly of the

soldiers of the 32d, past and present, in addition to alluding to a continued dedication to excellence in what lies ahead.

“Regardless of the unit designation, the members of this command are a distinguished group,” said Porr. “Everyday they train and provide support to those who train our Army medics. And the mission of training medics is greatly increasing. I have no doubts that the efforts of the 32d Medical Brigade will be worthy of this lineage.”

Homeland Head, health care pros outline president’s smallpox plan

By Sgt. 1st Class Doug Sample, USA
American Forces Press Service

On Dec. 13 in Washington, D.C., Homeland Security Adviser Tom Ridge announced the strategy for the president’s smallpox vaccination plan is to immunize frontline troops who serve in high-threat areas and domestic emergency responders.

Ridge said the president’s smallpox plan was brought about after the terrorist attacks of Sept. 11 revealed the nation’s need for a better security plan, and brought to light the nation’s vulnerability to a terrorist attack.

“Clearly from Day 1, we’ve been concerned about weapons of mass destruction ... and one of the highest priorities

involved smallpox because of its destructive consequences as an agent. It’s one of the agents that any country should fear,” Ridge said.

Thompson said he is working with state and local governments to draft plans to create smallpox response teams made up of volunteer emergency health and medical personnel. He called the teams critical to the plan to provide critical care and services immediately following a smallpox attack. He said the vaccine and the vaccinations would be made available on a voluntary basis to team members.

“This program centers on these smallpox response teams and first responders for a strategic reason,” Thompson said. “Since a smallpox release is possible, we must prepare by offering to those most

likely needed to respond. By preparing our emergency responders, we are better able to protect the American people, and this has to our highest priority.”

He said the initial stage of the program, which has been in the planning stage for the past year, will not be offered to the general public at this time, even though the United States has enough vaccine to immunize every person in the country. Thompson did say the government would take measures to accommodate citizens who want to have the vaccination done now.

Ridge underscored Bush’s comments regarding the existence of an imminent threat of a smallpox attack against the American public. There isn’t one, he acknowledged, but the possibilities are

real. “There is no intelligence that talks about an imminent threat of a biological weapon involving smallpox, but because of the nature of that agent and what it could do, we knew we had to come up with a national strategy, a national plan,” he said.

In his announcement, the president said a big part of the national plan will include some 500,000 military, who he has ordered to receive mandatory smallpox vaccinations.

Winkenwerder said the military vaccination program is under way. He told reporters that a “few soldiers” at nearby Walter Reed Army Medical Center had already received the smallpox vaccine.

Pentagon

Continued from Page 1

Young military personnel probably know little about the virus and its symptoms. In the United States, routine vaccination against smallpox ended around 1972 well before many of them were born. According to the CDC, the last naturally occurring case was in Somalia in 1977. In May 1980, the World Health Organization recommended that all countries cease vaccination. U.S. military smallpox vaccination programs continued in small degree until 1990.

Smallpox is a highly contagious and sometimes-fatal disease for which there is no specific treatment. The disease kills about 30 percent of all people infected,

according to the CDC. Currently, the only preventive measure against the disease is the smallpox vaccine.

The vaccination, usually given in the upper arm, requires a two-pronged needle that pricks the skin several times. If the vaccination is successful, a red-itchy bump will appear in three to four days. Reactions to the vaccination include swelling, headache, fatigue, muscle aches, pain, or chills. Some people may have rashes that last from two to four days.

“We’ve spent quite a bit of time over the past several months putting together all the educational training material, spending time with medical personnel to get their best advice and input,”

Winkenwerder said. “We’ve used what we felt were the very best medical experts in the U.S. and around the world to give us advice on how to do this in just the right way.”

The vaccine being issued to service members has been sitting on the shelves of U.S. research labs since 1972; Winkenwerder said he’s sure it’s still safe and effective.

“The vaccine is a safe vaccine; however, it does have some side effects that need to be carefully monitored and carefully managed,” he said. He believes those side effects can be managed effectively.

The CDC reports that about 1,000 people for every 1 million people vacci-

nated for the first time experienced serious reactions, though not life-threatening ones, and that one or two people per million vaccinated risk death as a result.

Winkenwerder said all military personnel receiving the smallpox inoculation would be given careful instructions on what to do in case side effects appear. In addition, a telephone hotline will be set up to provide information what to do for any adverse reaction to the vaccine.

Note: Additional information regarding the Department of Defense smallpox vaccination program can be found at <http://www.vaccines.army.mil/smallpox.asp>.

‘We Were Soldiers...’ co-author speaks at leadership call

Story and photo by Edward Rivera
Fort Sam Houston Public Affairs

Joseph L. Galloway was 17 years old and on his way to enlist in the Army. While riding in the car, his mother asked about his desire to become a journalist as they passed his hometown’s newspaper building. After a few moments of thought he said, “you’re right mom,” and asked her to turn around. He went into the building and asked if they were hiring; they were. He got a position working at the newspaper for \$35 a week. Little did he realize, in the near future he would serve his country not as a soldier, but as their voice.

As a war correspondent for United Press International, Galloway did not conduct his soldier interviews from the safety of a rear echelon tent, nor did he take his photos from a distant aircraft. He told their stories, not from miles away, but from between the hiss of bullets and the rattle of incoming artillery, between the cries of the wounded and the silence of the dead.

On November 15, 1965, Galloway found himself in the middle of a fierce three-day battle in a place called Landing Zone X-ray in the Ia Drang Valley of Vietnam.

“At 10 minutes before 7 a.m., two battalions of the enemy attacked the thinly held line of Charlie Company, 1st Battalion, 7th Cavalry. Nearly a thousand of them versus about a hundred of us,” said Galloway, co-author of the book, “We Were Soldiers...And Young,” as he spoke at a packed leadership call in Fort Sam Houston’s Blesse Auditorium Dec. 10.

Galloway wasn’t there to talk about his many adventures in combat zones as a UPI war correspondent; he addressed the soldiers about leadership, the caliber of soldier who fought in Vietnam and the men who led them.

“I was flat on the ground, feathering out at the edges, cursing my buttons and zippers for keeping me too high in the air. I felt a thump in my ribs. I looked carefully down to see what had hit me. It was a size 12 combat boot on the foot of Sgt. Maj. Basil L. Plumly. The sergeant major bent over at the waist and he shouted down to me over the cacophony of combat and what he said was this, ‘you can’t take no pictures laying there on the ground sonny.’”

Galloway explained that the sergeant major just hated to see a man, any man, not doing his job. “Even a civilian media puke with a camera,” he said. Plumly was right, Galloway realized that the possibility of being killed at Landing Zone X-Ray was almost assured. “I thought, if

I’m going to die, I damn well would rather take mine standing along side a man like this, a leader like the sergeant major,” he recalled.

Although the picture painted by Galloway was quite vivid, all the audience had to do was go back a few months and recall a scene from a movie with a sergeant major, played by actor Sam Elliot, and a young Galloway portrayed by Barry Pepper. The movie was titled “We Were Soldiers” and was based on the book written by Galloway and retired Lt. Gen. Hal Moore. The docudrama recounted the three-day battle and gave insight to the men that not only served their country, but also the soldiers beside them.

According to Galloway, on that day of battle and other days which followed, he would learn even more about leadership from his captain in battle and now his best friend, then Lt. Col. Hal Moore, the battalion commander in that cliffhanger battle for survival. He kept a close eye on Moore’s actions for he felt they might be over run. He watched Moore’s face for signs that would confirm his fear.

“I saw no such sign. He radiated competence and confidence. He conducted himself as if he had no doubt whatsoever he was going to defeat this enemy and win this battle,” Galloway said.

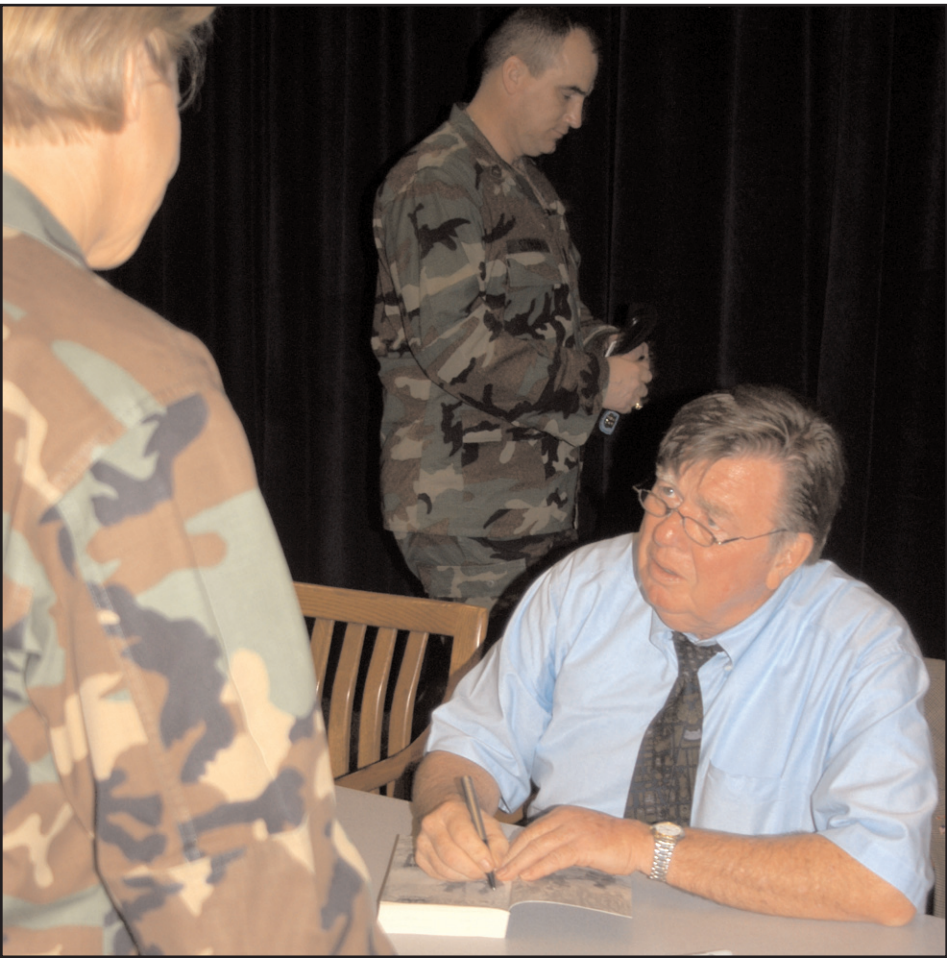
Later, Galloway would learn that was Moore’s first lesson of leadership. That a commander must exhibit his determination to prevail no matter what the odds or how desperate the situation. A commander must have and display his will to win by his actions, his words, his tone of voice on the radio and face to face. His appearance, his demeanor, his countenance and the look I saw in his eyes had to be free of fear.

“A leader must ignore the noise, the dust, the explosions, the yells and the screams and the dead piled all round him. Fear is contagious, never let it spread,” he said.

At a pivotal moment in the battle as illustrated by the movie, actor Mel Gibson who portrayed Moore, was faced with overwhelming odds for survival of his men. As he looked at the onslaught of the enemy, he would face a direction and pause. Then he would turn to another direction and pause, his eyes not really looking at what was in front of him, but focused on something else.

According to Galloway, as he watched Moore, who was constantly aware of everything that was going on around him, he noticed that Moore would seem to “space out.” Later, the reporter would ask him what was it all about. Moore responded with his second lesson.

“In a crisis situation, every so often,



Joseph L. Galloway signs a copy of “We Were Soldiers...And Young” for Command Sgt. Maj. Sandra K. Townsend after his presentation during leadership call in Blesse Auditorium Dec. 10.

withdraw within yourself and ask yourself two questions. What am I doing that I should not be doing in the situation? And, What am I not doing that I should be doing to influence the situation in my favor?”

Galloway continued to explain that by asking and answering those questions frequently, Moore could begin to shape the battle. Moore could begin to gain an edge on the enemy commander. For the then young reporter, Galloway was not only learning his craft on the battlefield, but learning lessons and principals of leadership. Broken down by Moore, some of the principals were quite simple.

“Hal Moore’s first leadership principal is simple,” said Galloway. “Three strikes and you’re not out. A corollary principal to that one is, there’s always one more thing you can do to influence any situation in your favor. And then one more, and then one more and then one more.”

Moore’s final principal relayed to the AMEDD soldiers by the veteran journalist was to trust their instincts. “Your instincts are the product of your education, training, reading, personality and experience. When seconds count, instincts and decisiveness comes into play. A leader must act swiftly and impart all around him and never second guess his own decisions.”

Continuing his explanation of Moore’s principal, Galloway emphasized that leaders can’t stand slack-jawed when they are hit with a multitude of situations. Leaders must face facts, deal with them and move on.

“I submit to you, if Lt. Col. Hal Moore were anything but the superb leader he was and is, America’s first major battle in Vietnam would have been a defeat,” said Galloway. “We would have all died in that remote river valley on the terrible November days 37 years ago. You can take his principals and personal leadership to the bank.”

In addition to sharing Moore’s inspirational leadership and answering questions about his experience as a journalist and sharing stories of his comrades in the battle field, Galloway gave special praise and thanks to the members of the military medical specialties.

“I want to tell you how much I appreciate and admire the job the medical corps does, day in and day out, year in and year out 24 hours a day, saving the lives of Americans and victims of war wherever they may be,” said Galloway.

In his admiration Galloway emphasized the fact that medics are the only ones that go into the battle, into the furnace of combat not to take lives but to save them.

“God bless the Docs. I’ve seen their work up close and personal. I’ve seen every single medic in a battalion, 19 of them go down in one battle killed or wounded. They died or were wounded shielding their patients, their buddies with their own bodies in the hail of fire. Greater love hath no man than to lay down his life for another,” said Galloway.

“For those of you that do this work I thank you from the bottom of my heart. To those of you who train others to prepare to do this kind of work I thank you as well.”

Galloway is currently the senior consultant for military affairs for the Knight Ridder Newspaper Group in their Washington Bureau. Galloway, a native of Refugio, Texas, is one of America’s preeminent war correspondents with more than four decades as a reporter and writer. He spent 22 years as a foreign and war correspondent and bureau chief for United Press International, and nearly 20 years as a senior editor and senior writer for U.S. News & World Report magazine. Galloway served four tours as a war correspondent in Vietnam and also covered the 1971 India-Pakistan War and half a dozen other combat operations. In 1990-1991 Galloway covered Operation: Desert Shield/Desert Storm, with the 24th Infantry Division in the assault into Iraq. May 1, 1998, Galloway was decorated with a Bronze Star Medal with V for rescuing wounded soldiers under fire in the Ia Drang Valley, in November 1965. His is the only medal of valor the U.S. Army awarded to a civilian for actions during the Vietnam War. He recently concluded an assignment as a special consultant to Gen. Colin Powell at the State Department.

On Leadership...

During his presentation, Joseph L. Galloway, co-author of, “We were Soldiers...And Young,” shared leadership principals and ideas from his co-author retired Lt. Gen. Hal G. Moore and Secretary of State Colin Powell. The following is a list of leadership principals both military men lead by:

1. Always put your troops first, lead by example and reward performance.
2. Loyalty should flow down first – It will come back up tenfold.
3. Lead your unit on a search for excellence in everything.
4. Know that morale often depends on very small things.
5. Respect every person’s dignity, always counsel subordinates in private.
6. Always be ready to fight for your people.
7. Encourage subordinates to share their ideas, never neglect details.
8. Let your people argue with you.
9. People in the field, closest to the problem is where the real wisdom lies.
10. Share your power, power down, but check up to ensure proper use.
11. Plans don’t accomplish the work; people get things done.
12. Create an environment where the best are attracted, retained and unleashed.

Flu-like virus may cause stomach flu

By Dr. Donald Daeke
Special to the News Leader

Diarrhea and vomiting are often caused by a flu-like virus. They may also be caused by emotional upset, food poisoning, infections, eating certain foods, or bowel blockage.

The most common symptoms of stomach flu are cramping, abdominal pain, loose watery stools, nausea, headache, fever, being tired, and muscle aches.

Bacteria may also cause vomiting and diarrhea, but this is much less common. This situation may develop shortly after having been on a course of antibiotics, especially amoxicillin or ampicillin. In

this case, the symptoms may be more severe, and you are more likely to have blood in the diarrhea.

If a bacterial infection is suspected, the doctor may prescribe an antibiotic. Bacterial diarrhea can be very contagious. If an antibiotic has been prescribed, take the medication as directed. Do not stop taking the medication just because you feel better. The infection may return.

Drink plenty of clear, non-alcoholic fluids, such as ginger ale, water, tea, broth, and clear soft drinks or sports drinks during the first 24 hours or until the vomiting and diarrhea stop. An adult should drink eight large glasses of fluid a day, during normal waking hours. If

vomiting, you should start fluids in small sips, increasing to larger amounts as tolerated.

After the first 24 hours, and as the vomiting and diarrhea subside, you may eat bland foods such as cooked cereals, rice, soups, bread, crackers, baked potatoes, bananas, eggs, or applesauce. Do not eat fruits, vegetables, dairy products, spicy or fried foods, or candy and do not drink alcoholic beverages.

Decrease activity until you feel better.

Contact your doctor or go to the emergency department if any of the following occur:

- Fever greater than 101 degrees Fahrenheit or shaking chills begin or worsen.

- Symptoms last for more than three days.
- Pain in the abdomen or rectum.
- You see blood, mucus or worms in your stool.
- You see signs of dehydration including dry mouth, excessive thirst, wrinkled skin, little or no urination, dizziness or lightheadedness when sitting or standing.

If vomiting persists, you must be seen in the emergency room or doctor’s office.

Note: Dr. Donald Daeke is assigned to Emergency Medical Service, Evans Army Community Hospital, Fort Carson, Colo. (Reprinted from Fort Carson, Colo., Mountaineer).

Express your support for the troops with holiday goodwill messages

With the holidays approaching, thousands of Americans are again asking what they can do to show their support for service members, especially those serving overseas in this time of war.

While it would be inappropriate for the Department to endorse any specifically, service members do value and appreciate such expressions of support. The Web sites for several organizations that are sponsoring programs for members of the Armed Forces overseas are listed:

- Donate a calling card to help keep service members in touch with their families at Operation Uplink at <http://www.operationuplink.org/>
- Send a greeting via e-mail through

Operation Dear Abby at <http://anyser-vicemember.navy.mil/> or <http://www.OperationDearAbby.net>

- Sign a virtual thank you card at the Defend America Web site at <http://www.defendamerica.mil/nmam.html>
- Make a donation to one of the military relief societies:
 - Army Emergency Relief at <http://www.aerhq.org/>
 - Navy/Marine Relief Society at <http://www.nmcrs.org/>
 - Air Force Aid Society at <http://www.afas.org/>

Coast Guard Mutual Assistance at <http://www.cgmahq.org/>

- Donate to “Operation USO Care Package” at <http://www.usometrodc.org/care.html>
- Support the American Red Cross Armed Forces Emergency Services at <http://www.redcross.org/services/afes/>
- Volunteer at a VA Hospital: <http://www.va.gov/vetsday/> to honor veterans who bore the lamp of freedom in past conflicts.
- Reach out to military families in your community, especial-

ly those with a loved one overseas.

Please do not flood the military mail system with letters, cards, and gifts.

Due to security concerns and transportation constraints, the Department cannot accept items to be mailed to “Any Service member.”

Some people have tried to avoid this prohibition by sending large numbers of packages to an individual service member’s address, which however well intentioned, clogs the mail and causes unnecessary delays.

The support and generosity of the American people has touched the lives of many service members, more than 300,000 of who are deployed overseas.



ACES holiday closure hours

Army Continuing Education System will close Dec. 24 and reopen on Jan. 2 with regular duty hours Monday through Thursday 6:30 a.m. to 4:15 p.m., Friday 7 a.m. to 4 p.m.

For your convenience and scheduling ACES is open 10 hours per day. If soldiers need guidance counseling or tuition assistance forms they must arrive no later than 3:45 p.m. If counselors are not able to attend the number of soldiers needing attention, they will have to return the next work day. For information on tuition assistance and to speak to a counselor, call 221-1738.

Defensive Driving Classes are scheduled every Wednesday from 7:30 a.m. to 2:30 p.m. in Bldg. 2247, corner of Stanley Road and New Braunfels. For information on these classes, contact Mr. Prevo, 221-1117. Classes are held on a first come, first serve basis with up to 50 students per class.

Veterinary Treatment Facility holiday hours

Beginning Dec. 23 and ending Jan. 3, the FSH Veterinary Treatment Facility will be open for sick call and vaccinations on an appointment basis as listed below:

- Dec. 23 open 9 a.m. to 4 p.m. for vaccines and sick call by appointment.
 - Dec. 24 closed.
 - Dec. 25 Christmas Day Closed
 - Dec. 26 and 27 open 9 a.m. to 4 p.m. for vaccines and sick call by appointment.
 - Dec. 30 open 9 a.m. to noon for vaccines and sick call by appointment. Closed after lunch for monthly inventory.
 - Dec. 31 Closed
 - Januray 1, 2003 New Year’s Day Closed
 - Jan. 2 and 3 open 9 a.m. to 4 p.m. for vaccines and sick call by appointment.
- For information, or to schedule an appointment, call 295-4260.



Army and Air Force Exchange Services holiday hours

Dec. 24:

Main Store	7 a.m. to 6 p.m.
Patch Shoppette	6:30 a.m. to 6 p.m.
Military Clothing Sales	9 a.m. to 5 p.m.
Service Station	6:30 a.m. to 5 p.m.
Walter’s Convenience Store	5:30 a.m. to 10 p.m.
Class Six	9 a.m. to 6 p.m.
Main Food Court	7:30 a.m. to 6 p.m.
Burger King	11 a.m. to 5 p.m.

Dec. 25:

Walter’s Convenience Store	9 a.m. to 5 p.m.
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Holiday Gate Operations

The Fort Sam Houston Law Enforcement Command announces the following Holiday Gate operations hours:

Date	Gate	Hours
Dec. 21 - 22	Coliseum	Closed
	5th Army Pedestrian	Closed
Dec. 21 - 24	BAMC – Beach	Closed
	Coliseum	Open 6 a.m. to 6 p.m.
	5th Army Pedestrain	Open 6 a.m. to 6 p.m.
Dec. 21 - Jan. 2	*Winans	Open 6 a.m. to 6 p.m.
	*Note: Winans Gate will be open Dec. 24 from 10 p.m. through Dec. 25 at 2 a.m. for Catholic Midnight Mass at Dodd Field Chapel.	
Dec. 21 - Jan. 3	Walters	Open 24/7
	Binz-Englemann	Open 24/7
	BAMC I-35	Open 24/7
	Dickman	Open 24/7
	Camp Bullis	Open 24/7
	Cemetery	Open 6 a.m. to 6 p.m.
Dec. 25	Coliseum	Closed
	BAMC – Beach	Closed
	5th Army Pedestrian	Closed
Dec. 26 - 27	Coliseum	Open 6 a.m. to 6 p.m.
	BAMC – Beach	Open 5:30 a.m. to 5:30 p.m.
	5th Army Pedestrian	Open 6 a.m. to 6 p.m.
Dec. 28 - 29	5th Army Pedestrian	Closed
	Coliseum	Closed
	BAMC – Beach	Closed
Dec. 30 - 31	Coliseum	Open 6 a.m. to 6 p.m.
	BAMC – Beach	Open 5:30 a.m. to 5:30 p.m.
	5th Army Pedestrian	Open 6 a.m. to 6 p.m.
Jan. 1	Coliseum	Closed
	BAMC – Beach	Closed
	5th Army Pedestrian	Closed
Jan. 2 - 3	Coliseum	Open 6 a.m. to 6 p.m.
	BAMC – Beach	Open 5:30 a.m. to 5:30 p.m.
	5th Army Pedestrian	Open 6 a.m. to 6 p.m.
Jan. 3	Winans	Open 4:30 a.m. to 10 p.m.

Vehicle Registration

Vehicle registration on this installation is mandated by AMEDDC&S and Fort Sam Houston (FSH) Regulation 190-5. Paragraph 1-6 of the regulation is paraphrased as follows: “All Privately Owned Vehicles (POVs), to include motorcycles/mopeds, that are owned or operated by active duty or retired military personnel, their family members, civilians employed on FSH and its sub-installations, and persons having valid reasons for entering the installation frequently, will register the vehicles at the Provost Marshal’s Office Vehicle Registration Office, Bldg. 367.”

Paragraph 2-5, Army Regulation 190-5, Motor Vehicle Traffic Supervision, requires commanders and supervisors to enforce the POV registration program. Failure to comply with registration requirements may result in withdrawal of on-post driving privileges, and other disciplinary or administrative actions, as may be taken by the commanders or supervisors.

During recent inspections at the Binz-Engleman and Walters Street gates, military police inspected 920 vehicles. Following the inspections owners of 74 vehicles registered their vehicles on site. Military police issued 41 traffic citations for operating vehicles with expired driver’s licenses, no proof of current insurance, or expired state vehicle registration in addition to other offenses.



232nd and 187th Medical Battalions change PT training schedule

Effective Jan. 6 the 232d and 187th Medical Battalions will be change their Physical Fitness training times from 5 – 6 a.m. to 5:30 – 6:30 a.m. Monday, Wednesday, and Friday. Stationary road guards will be posted to close the running routes 15 minutes prior to and after scheduled PT times. The roads closed include Nursery Road, Williams Road, WW White Road, Koehler Road, and Stanley Road.

Note the 187th run route is a change for route and time Stanley Road will be closed for the first time from 5:30 – 6:30 a.m.

Failure to yield the right of way to emergency vehicles can be costly

By Fire Inspector Sherry Salone
Special to the News Leader

The Department of Public Safety, Texas Drivers handbook states “You must yield the right-of-way to police cars, fire trucks, ambulances and other emergency vehicles which are sounding a siren or bell or flashing a red light by pulling to the right edge of the roadway and stopping. In the event traffic is so congested as to prevent you from safely doing so, slow down and leave a clear path for the emergency vehicle.” It is also a law that you must not follow within 500 feet of a fire truck or ambulance when they are answering an alarm with flashing red lights on. Do not drive or park your vehicle so as to interfere with the arrival or departure of an ambulance to or from the scene of an emergency. If you are sitting at a red light, and the emergency vehicle cannot get around you, it is recommended, you make a right turn on the cross street, or proceed through the intersection with caution, when able to do so. The Fort Sam Houston Military Police state that a person who fails to yield the right-of-way to an emergency vehicle can be fined \$450 for failing to do so.

Army budget funds Transformation, pay increase

By Staff Sgt. Marcia Triggs and Courtney Brooks
Army News Service

This year’s Defense Appropriations Bill and Authorization Act fund a fourth Stryker Brigade, 650 Comanche helicopters and pay increases for soldiers.

One of the things that the Army requested was to close the pay gap between soldiers and the private sector, officials said. Congress responded with a pay increase of at least 4.1 percent with targeted increases of up to 6.5 percent for mid- and senior-level noncommissioned officers and a 5.5 percent increase for majors with between eight and 14 years

of service.

The Army also asked Congress to eliminate out-of-pocket housing expenses for soldiers and their families. The last legislative session saw progress there as well by reducing the average amount of expenses paid by service members from 11.3 percent to 7.5 percent, with the intent of eliminating the out-of-pocket expenses by Fiscal Year 2005.

Army Chief of Staff Gen. Eric K. Shinseki has repeatedly said that the Army needs six Stryker Brigade Combat Teams. Congress responded by authorizing \$788 million to purchase 332 Stryker vehicles, enough for a fourth brigade, with an additional \$150.9 million for fur-

ther research and development.

The first two Stryker Brigade Combat Teams are at Fort Lewis, Wash. The third is in Alaska and the fourth one will be at Fort Polk, La., Army officials said.

The Army’s transformation from the Legacy Force to the Objective Force was also supported with \$1.9 billion for science and technology programs.

The Army’s budget has increased, but so has its requirements, officials said. Manning for Active-Guard-Reserve soldiers was increased 2.2 percent over FY02, but the request for 100 percent remains, officials said.

The Army’s request to procure 819 Comanches to improve the ability of

Army aviation reconnaissance and attack formations to operate on the battlefield was partially granted. Congress authorized \$910 million for development, but Department of Defense only supported the procurement of 650 Comanches.

President George W. Bush signed the Defense Appropriations Bill, which is nearly \$335 billion, and the Military Construction Appropriations Bill, which adds \$10.5 billion for building and upgrading military installations and family housing at the White House on Oct. 23. The Defense Authorization Act was signed at the Pentagon Dec 2.

Claritin now available over the counter

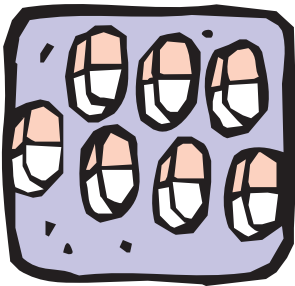
Claritin, a popular non-sedating anti-histamine, was recently switched from being a prescription medication to one that is available “over the counter” (OTC). OTC medications are, by definition, those drugs that can be obtained without a prescription. Some popular OTC drugs that you may be familiar with are Tylenol, Benadryl, Sudafed, and Advil. Claritin OTC became available in many pharmacies the week of Dec. 9. This includes all forms of Claritin that were previously available only by prescription:

- Claritin tablets
- Claritin Reditabs
- Claritin Syrup
- Claritin-D
- Claritin-D 24-hour Tablets

Why is this important to you? The Food and Drug Administration does not allow pharmaceutical companies to sell the same drug at the same strength as both a prescription drug and an OTC drug. So once Claritin OTC became available, the manufacturer could no longer sell prescription Claritin. And,

while the military pharmacy benefit is one of the best health care values around, it does not pay for medications that are available over the counter except in very rare circumstances (like insulin). The bottom line is, patients who previously filled prescriptions for Claritin at a retail pharmacy and paid a \$9 copay for a 30-day supply, or in the NMOP for a 90-day supply, will no longer be able to do so.

How will this switch affect you? If you have been obtaining your Claritin prescriptions from the national mail order pharmacy (NMOP), you will no longer be able to receive Claritin from them. Prescriptions sent to the NMOP for Claritin, including refills of current prescriptions will be returned. The NMOP has no mechanism to dispense OTC medications that are not included in the TRICARE benefit. If you have been obtaining your Claritin from a retail network pharmacy, you will very likely be



able to continue to obtain your Claritin there. However, it will probably be located on the shelf with all the other allergy medications that are available OTC, like benadryl. You also will be required to pay the full price for the medication, as TRICARE will no longer “cost share” for the medication, just as they do not cost share for other OTC drugs like Tylenol, Benadryl, Sudafed, and Advil. This also includes any refills that may have been left on your prescription.

What alternatives do you have? You can continue to obtain Claritin as outlined above. You also can go back to your provider and request that he change your prescription to one that is still available by prescription. Allegra is an example of another nonsedating antihistamine that is still available by prescription only. It works very well, and is on the DoD Basic Core Formulary so it is available at all MTF pharmacies. It is also available

at the NMOP. The DoD has a contract with the manufacturer for this product, which allows them to provide you this medication at a very favorable price. In any case, the decision about how to handle this change in the status of Claritin is one you should make in consultation with your health care provider.

We have written a Claritin Beneficiary Letter that you can download and print so you can have this information available to you at all times. You can also take it with you to your provider so he or she can understand the situation and more effectively serve you. Just click on the link to obtain the file. You will need to have Adobe Acrobat Reader (available from Adobe) in order to open the document. (The Claritin Beneficiary Letter is available online at <http://www.pec.ha.osd.mil/WhatsNews/Claritin%20Beneficiary%20Letter.pdf>)

Source: Department of Defense (DoD) PharmacoEconomic Center (PEC) Web site at

http://www.pec.ha.osd.mil/WhatsNews/pec_breaking_news.htm.



Photo by Gunnery Sgt. R. G. Salas

Marine’s 4th Annual Toys for Tots Motorcycle Run continues Christmas tradition

Marines from the 4th Reconnaissance Battalion and the Marine Recruiting Station joined forces with Santa and other helpers during the 4th Annual Motorcycle Run held Dec. 14. Gunnery Sergeants Leighton Forman, wearing a Santa hat and Reuben G. Salas, standing behind him, are the 2002 Toys for Tots and Motorcycle Run coordinators, respectively. Continuing the Toys for Tots tradition of helping less fortunate families through the holidays, the event raised \$1,000 and collected two Humvees full of toys, which were donated to the Helping Hands Foundation and will be distributed to San Antonio area families during Christmas. The event was sponsored by the Joe Harrison Honda Motorcycle dealership.

Toys for Tots Joint Task Force



The Toys for Tots Joint Task Force, consisting of the U.S. Marines and the U.S. Air Force personnel are sponsoring Toys for Tots in the San Antonio area. The toy collection campaign will continues through Dec. 22. We need your help collecting toys for the underprivileged children in the local area. We are asking members of the military community to drop off new, unwrapped toys in collection boxes positioned at BX/PXs and Commissaries at Randolph AFB, Brooks AFB, Lackland AFB, and Fort Sam Houston. Coordinators pick up these toys and store them in a central warehouse where the toys are sorted by age and gender.

From now through Christmas, Helping Hands Life Line with the assistance of local social welfare agencies, church groups, and other local community agencies, distribute toys to the disadvantaged children of the San Antonio community. If you have a large donation to give e-mail Capt. Jay Cryderman at jay.Cryderman@randolph.af.mil.

Post Thrift Shop holiday hours

The Thrift Shop will be closed for the holiday break from Dec. 20 to Jan. 8. The shop will reopen on Jan. 8 and will feature a big clearance sale.

The Thrift Shop is now accepting welfare applications. All requests must be on the authorized application, which may be picked up from Teresa Parker on our open days of Wednesday and Thursday from 9 a.m. to 2 p.m. The application period this year has been shortened due to the closing of the Thrift Shop. All applications are due no later than Thursday, Jan. 23. We regret that we cannot grant any late applications.

The Thrift Shop will be open on Dec. 19 until 2 p.m. to accommodate last minute shopping. The store is located in Bldg. 230 on Liscum Road. For information call 225-4682.



Enrollment deadline nears in Long-Term Care Open Season

By Sgt. 1st Class Doug Sample
American Forces Press Service

For military and civilian personnel who don’t have an extra \$20,000 to spend on long-term health care and who can’t count on their families to take care of them, now may be the time to sign up for the Federal Long-Term Care Insurance Program.

Dec. 31 is the program open-season enrollment deadline. Premiums are determined by coverage options and age, but they remain level after coverage starts. Open season offers the advantages of fewer health-related questions and premiums based on the applicant’s coverage and age as of July 1, 2002. After open season, the health questionnaire is longer and premiums are based on applicants’ coverage and their ages when they buy it.

The Federal Long-Term Care Insurance Program is administered by John Hancock and MetLife, two of the nation’s leading insurers. It’s the only long-term care insurance program author-

ized by the U.S. Office of Personnel Management.

According to an April 2002 MetLife Market Survey of Nursing Home and Home Care Costs, the national average annual cost of home health care is well over \$20,000. That cost is expected to climb to \$68,000 by 2030. The national average annual nursing home cost is \$52,000 for a semi-private room and is expected to climb to \$190,600 by 2030.

Studies show that about 60 percent of those who reach age 65 will need long-term care at some time in their lives. However, many people don’t realize that the need for long-term care can strike at any time. According to OPM statistics, 40 percent of people receiving long-term care services are working-age adults, between the ages of 18 and 64.

The FTLC insurance program benefits those who can no longer perform daily living activities such as eating, bathing or getting dressed. It also covers persons affected by severe “cognitive impairments,” such as dementia and

Alzheimer’s disease.

In addition, the program provides money to pay for care in various settings, including at home, assisted living facilities, adult day care centers and hospice facilities. More than 80 percent of all people receiving long-term care assistance are not in nursing homes.

OPM Director Kay Coles James, speaking on behalf of the FLTC program on the OPM Web site, calls the insurance a gift to her family.

“I told my children that when I signed up for the OPM-sponsored Federal Long Term Care Insurance Program, I was going to make the insurance certificate one of their presents because it benefits them as much as it benefits my husband

and me,” she stated. “Through this one act of personal responsibility, I am reducing a potential future burden on them and their families.”

Applications can be done online at www.ltcfeds.com or downloaded for mailing. The Web site also allows federal employees to calculate insurance premiums and to find answers to frequently asked questions.

To talk with a long-term care adviser, call 1-800-582-3337, (TTY: 1-800-843-3557), 8 a.m. to midnight, Eastern time, seven days a week. E-Mail: info@ltc-partners.com or ltc@opm.gov.

Note: LTC information is also available at <http://www.opm.gov/insure/ltc/index.htm>.

FSH Museum holiday closures

The Fort Sam Houston Museum will be closed on Dec. 25 and Jan. 1. It will be open Wednesday through Sunday from 10 a.m. to 4 p.m. Stop by and see “A Soldiers Christmas,” an exhibit of images and commentary on the way American soldiers have spent Christmas down through the years. For information, call 221-0019.

Post worship schedule

Protestant

Sunday:
8 a.m. Service, AMEDD Regimental Chapel, Bldg. 1398
9 a.m. Traditional Service, Installation Chaplain’s Office, Bldg.2530
9:15 a.m. Troop Service, Evans Auditorium, Bldg. 1396
10 a.m. Service, BAMC Chapel
10:45 a.m. Gospel Service, Dodd Field Chapel, Bldg. 1721
11 a.m. Service, AMEDD Regimental Chapel
11:15 a.m. Gospel Service, Evans Auditorium

Wednesday:
9:30 to 11:30 a.m. PWOC meeting, Dodd Field Chapel (Childcare is provided for those who attend PWOC meeting).
12 p.m. Bible Study, Dodd Field Chapel
12 p.m. Service, BAMC Chapel

Catholic

Saturday:
5:30 p.m. Mass, AMEDD Regimental Chapel

Sunday:
8:30 a.m. Mass, BAMC Chapel
9:15 a.m. Mass, Dodd Field Chapel
9:15 a.m. Mass, AMEDD Regimental Chapel
11:15 a.m. Mass, BAMC Chapel
*12:45 p.m. Mass, Dodd Field Chapel
*Bilingual Mass on 1st Sunday of the month (For information call 590-6593).

Weekdays:
11 a.m. Mass, BAMC Chapel
11:30 a.m. Mass, AMEDD Regimental Chapel

1st Friday: 9 a.m. Mass Catholic Women, Dodd Field Chapel



Jewish

Friday:
8 p.m. Service, Dodd Field Chapel
8:30 p.m. Oneg Shabbat, Dodd Field Chapel
(For information call 379-8666 or 493-6660)

Mormon

Sunday: 10:30 a.m. Bldg. 1350, Room 1, Koehler Road, across from Evans Auditorium
Tuesday: 7 p.m. LDS Studies, AMEDD Regimental Chapel

Muslim

Sunday: 10:30 a.m. Religious Education, Bldg. 607A, Infantry Post
Friday: 1:30 to 2:30 p.m. Prayer Service, Bldg. 607A, Infantry Post
Thursday: 8 p.m. Adult Religious Education, Bldg. 607A, Infantry Post
Note: The Post Gift Chapel is closed for renovations indefinitely.

Bible studies schedule

187th MED BN Bible Study on Wednesday at 7 p.m. in Bldg. 2791 Basement Bible Study on Thursday at 11:30 a.m. at the AMEDD Regimental Chapel, Bldg.

Chaplain Administrative Offices are located at Dodd Field Chapel, Bldg. 1721, phone number 221-5432. Garrison staff duty officer, (after duty) 221-2810.

Chapel announces holiday schedules

Below is a list of the Chapel's Religious Services and Events. Contact the Installation Chaplain's office at 221-5005 for more information.



Catholic Events

Dec. 24	5:30 p.m.	Children’s Liturgy	DFC
Dec. 24	11 p.m.	Christmas Day Mass	DFC
Dec. 25	9:30 a.m.	Mass	DFC
Dec. 31	5:30 p.m.	Mass	DFC
Jan. 1	9:30 a.m.	Mass	DFC

Protestant Events

Dec. 22	11 a.m.	Christmas Cantata	AMEDD
Dec. 24	7 p.m.	Candlelight Service	AMEDD
Dec. 31	9:30 p.m.	Watchlight Service	DFC

HHH reaches out to the community

The Holiday Helping Hands Toy Warehouse. Fort Sam Houston Christmas Toy Warehouse and Home Toy Delivery Headquarters opened Tuesday with Santa and Maj. Gen. Darrel R. Porr, commander, Army Medical Department Center and School and Fort Sam Houston, cutting the ceremonial ribbon and a tour of the special holiday facility. This facility is located in Bldg. 2265 between Wilson and Stanley Road. Holiday Helping Hand signs are located at the building entrance. Toys for the warehouse are donated by soldiers, retirees, civilians, and community members to help soldier families in need ‘shop’ for their children.

The Toy Warehouse shopping hours now through Dec. 20 are 4 to 8 p.m. The last shopping day will be Dec. 21 from 10 a.m. to 5 p.m. Parents living on Fort Sam Houston will have the option of having Santa deliver their children’s toys on Christmas Eve or take the toys with them. Parents should not bring their children with them to ‘shop.’ Holiday Helping Hand volunteers will be on hand to assist parents with their selections.

Donated new toys are still being

accepted. Military organizations and offices on Fort Sam Houston have toy boxes for collection. Any toy can be brought to the HHH Free Gift-Wrapping Booth next to the PX. This trailer is open during the regular PX operating hours through Dec. 23.

Christmas Home Toy Delivery. The Christmas Home Toy Delivery Headquarters, located in the Toy Warehouse, will be open following the grand opening ceremony Dec. 17 3:30 to 6 p.m.

Parents are invited to bring a toy for Santa to deliver to their children on Christmas Eve. Santa’s helpers will register and tag the gifts so Santa delivers them to the right house. Families must be home on Christmas Eve, Dec. 24 between 6 and 9 p.m. for Santa’s delivery. Santa’s Home Toy Delivery Service is only available to families living on Fort Sam Houston.

For information on the Christmas Toy Warehouse or Home Delivery Program, call Nancy Moore, 221-5005 or Linda Wenck at 221-0669. For the Gift-Wrapping Booth or to donate to HHH, call Emily Cunningham at 657-1896 or Tom May, 221-3283.



Photo by Edward Rivera

Maj. Gen. Darrel R. Porr, Commander, Army Medical Department Center and School and Fort Sam Houston along with Santa Claus cut the ceremonial ribbon officially opening the Holiday Helping Hands Toy Warehouse. The facility is located in Bldg. 2265 between Wilson and Stanley Road. This year Holiday Helping Hands supported 475 families with 727 gifts donated by soldiers, retirees, civilians, and community members to help soldier families in need.

Recreation and Fitness

Women’s Varsity Basketball Team -Players are needed to form women’s basketball teams.

Intramural Bowling -Coaches meeting will be held Jan. 10 at the Bowling Center and season starts Jan. 16.

Intramural Billiards - Letter of intent is due Jan. 6. Coaches meeting will be held Jan. 10 at the Jimmy Brought Fitness Center and season starts Jan. 21.

Intramural Ping Pong - Letter of intent is due Jan. 6. Coaches meeting will be held Jan. 10 at the Jimmy Brought Fitness Center and season starts Jan. 21.

Intramural Volleyball - Letter of intent is due Feb. 2. Coaches meeting will be held Feb. 6 at the Jimmy Brought Fitness Center and season starts Feb. 18.

Intramural Racquetball - Letter of intent is due Feb. 10. Coaches meeting will be held Feb. 13 at the Jimmy Brought Fitness Center and season starts Feb. 18.

Intramural Spring Flag Football - Letter of intent is due Feb. 10. Coaches meeting will be held Feb. 14 at the Jimmy Brought Fitness Center and season starts Feb. 24.

Intramural Soccer - Letter of intent is due Feb. 3. Coaches meeting will be held Feb. 12 at the Jimmy Brought Fitness Center and season starts Feb. 18.

Varsity Softball - Coaches and players are needed for Varsity Softball. Anyone interested in coaching must submit a resume to Earl Young at the Jimmy Brought Fitness Center.

Varsity Men and Women Softball - Tryouts will be held Jan. 27-31 at 6:30 p.m. Men will practice at Leadership Field and women at Lady Leadership Field.

Note: To join the above intramural and varsity sports call Earl Young at 221-1180 or e-mail

earl.young@amedd.army.mil.

Note: Patrons interested in any of the classes/programs listed below are encouraged to call Lucian Kimble at 221-2020 or 221-1234.

Aerobics Classes - Join aerobics at the Jimmy Brought Fitness Center. Senior Fitness classes will be held every Tuesday and Thursday at 9 a.m. with Yoga and Pilates at 5 p.m. Body Sculpture classes are held at 5:45 p.m. Sunday morning classes are offered from 10 to 11:30 a.m. Cardio Step will be taught by Mary on Monday, Wednesday and Friday 8:45 to 10:30 a.m. Water Fitness, Cardio Step every Monday at 5:45 p.m. Cardio Kick and conditioning is offered every Wednesday. Low Impact Funk/Step is offered on Mondays and Wednesdays at 6:45 p.m.

Run/Walk for your Life Program - Get in shape and stay in shape with this self-paced, progressive distance-running program, which is divided into three phases.

60 Days of Fitness - A motivating, self-paced, fitness and nutritional program that helps you lose 15 pounds in 60 days safely using a point system. Workout 45 out of 60 days and receive a seven-page fitness assessment, body fat analysis, body measurements as well as attending two 30-minute nutrition classes by a certified dietician.

Other Fitness Programs - Biking, Walking for Lunch Bunch, Stairmaster, Bench Press and other programs are offered at the Fitness Center. Participate in the free monthly 5K Fun Run/Walk beginning Jan. 22 at 10:15 a.m. The event starts in front of the Brought Fitness Center. All participants will receive a free T-shirt.

Intramural Basketball Standings


Team	W	L
DFAS	3	0
Old School	3	0
BAMC	2	0
NCO Academy	1	0
591st Med Log	1	2
ITBC	0	1
MEPS	0	1
5th Recruiting	0	2
5th Army	0	2
D/R Navy	0	2

Dec. 12

Old School	46	5th Army	36
BAMC	72	5th Army	52
591st Med Log	56	ITBC	41
DFAS	43	5th Recruiting	19

Dec. 14

DFAS	56	591st Med Log	32
BAMC	74	D/R Navy	65
NCO Academy	60	D/R Navy	47
Old School	66	5th Recruiting	37
DFAS	87	MEPS	30
Old School	70	591st Med Log	43



Youth Happenings

Exploring Life for Middle School Students

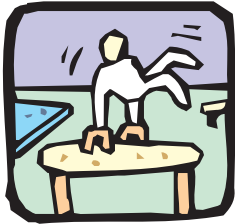
Youth Services offers an after school program for Middle School youth grades 6-9. This program is Monday – Friday after school until 6 p.m. YS will pick up your child from the school the Elementary or Jr./Sr. High School. They will go back to the Youth Center, have a snack, work on homework, participate in clubs and do lots of fun innovative projects. We will work to include areas of interest that both the parents and the students like. This program is free program for Youth registered with Child and Youth Services at a \$15 annual fee. For more information, call 221-3502.

Classes offered at YS

Child and Youth Services offers the following classes:

Gymnastics:

Tuesdays, 2:45-3:30 p.m. for pre-



school 2 to 4 year-olds; 3:30-4:15 p.m. for 3-5 year-olds; and 4-4:45 p.m. for 6 year-olds and older. Thursdays, 4-5 p.m. for 6 year-olds and older; 5-6 p.m. for intermediate students. Cost is \$30 for the 1st child and \$25 for the 2nd child.

Tae-Kwon-do:

Monday and Wednesdays from 5:30-6:30 p.m. The cost is \$35 per month for the 1st child and \$30 for the 2nd child. Registrations are now accepted for ages 6-18.



New Dance:

Register now for classes, which will begin in January. Cost is \$28 per month for a 50 minute classes and \$30 per month for 60 minute classes.

Teen Talk

All teens are invited to attend Teen Talk every Thursday from 4-5 p.m. Teen Talk is a group discussion about all the topics that teens are interested in and

want to talk about. The Family Advocacy program assists YS with this program. Come and join your friends at the Youth Center and get all the information you need to know.

Basketball

Registration for all ages continues at the Youth Center, Bldg. 1630. Cost is \$55 for the 1st child, \$50 for each additional child. YS will participate in the Spurs Drug Free League this year. A birth certificate and proof of current physical are required. Parent Training is also required. Practice begins in December and games will begin in January. For more information call 221-3502 or 221-5513.

Christmas Camp

A camp for Middle/High School age students will be held Dec. 20 through Jan. 3 at the Youth Center. Cost is \$10 per day. Camp begins at 6 a.m. and will close at 5 p.m.



Youth may sign into the Youth Center at 5 p.m. for open recreation. Breakfast, lunch and snack will be served. There will be sports activities, computer lab, trips, game time and more. Camp will not be held if there are not at least 10 youths per day. For information call 221-3502.

Christmas Craft/Gifts

The Youth Center will be offering Christmas Crafts and Gifts for the family on Dec. 21. These crafts will be for youth ages 6 and older and will begin at 3:30 p.m. The cost is \$.50 per project and a variety of gifts and crafts will be offered. Parents may sign-in children ages 8 and under and have time to go shopping for the holidays. For more information call 221-3502 /4882.







Fort Sam Houston's NCO Club December Menu

JOIN YOUR FRIENDS AT FORT SAM HOUSTON'S NCO CLUB
Call 224-2721 for More Information

Club Closed Every Monday

We Serve an "ALL YOU CAN EAT" BUFFET on
Tuesdays - Friday 11 a.m. – 1 p.m.
\$5.95/\$4.95 for Club Members
(Includes: Beverage, Soup & Dessert)

Tuesdays & Wednesdays - Club Closes at 2 p.m.
(Open only for Special Events)

**Wednesday is Double Punch Day
on your Bunch a Lunch Card!**

BINGO Thursday Dec. 5, 12, 19; Friday Dec. 20
(6:50 p.m. - Early Bird Start) Doors open at 5 p.m.
Saturday Dec. 21 (12:50 p.m. - Early Bird Start)
Doors open at 11 a.m.
Bingo Players Eat FREE for ALL Bingo Sessions!!

FRIDAY NIGHT ENTERTAINMENT IN SAM'S SPORTS BAR
From 5:30 p.m. to ???
FREE BUFFET FOR MEMBERS
From 5 – 6 p.m.
COME EARLY AND DT BE LEFT OUT!!!

**Club Closed Dec. 24 thru January 6, 2003 except for special
functions. Normal hours to resume on
January 7, 2003 with lunch buffet**







The Officer's club December menu

LUNCH BUFFET
\$5.95 for non-members /\$4.95 for Club Members
Includes: Beverage, Soup & Dessert

EVERY MONDAY WE FEATURE A VARIETY OF ENTREE
PLUS A CHEF'S SPECIAL!
Fried Chicken & Chef's Special every Tuesday
Texas BBQ Ribs & Chef's Special every Wednesday!
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FRIDAY IS FISH DAY! PLUS WE FEATURE A
CHEF'S SPECIAL

CHAMPAGNE BRUNCH
Dec. 1 and 8
10 a.m. to 1:30 p.m.
\$11.95 for Members, \$13.95 for Non-Members
\$5.95 for Children 7-11
Children 6 & Under with our Compliments



Christmas Sunday Brunch
Dec. 15
Serving from 10 a.m. til 1:30 p.m.
\$11.95 for Members, \$13.95 for Non-member, \$6.95 for Children 7-11,
Children 6 and under with our compliments!

Club closed Dec. 20 thru January 3, 2003 for the Holidays.
*Regular operating hours will resume January 4, 2003 with
Sunday Brunch and January 5, 2003 with lunch.*




**Don't forget to contact us about all your catering needs. We're
available for Dining-Ins, Dining-Outs, Balls, Training Sessions,
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Showers or Bridal Luncheons! Come enjoy the Rich, Historic
Elegance at the Officers' Club. For more information please call**

Blood donations needed

Blood donations are needed year round. Soldiers involved in Operation Enduring Freedom are counting on us to be there for them.

If you make a fist now, we will give you a hand later. It is important to keep a steady flow of blood donors donating on a regular basis.

To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.





get the keys

friends don't let friends drive drunk



U.S. Department of Transportation





IET students meet 'Keep up the Fire' Challenge

Story and photos by Esther Garcia
Fort Sam Houston Public Affairs Office

The Brigade Holiday Challenge was held on Dec. 13 marking the re-designation of the brigade from Center Brigade to 32d Medical Brigade. Initial entry training soldiers from C Company, 187th and C Company 232nd sang the national anthem. Following the national anthem, Col. Maureen Coleman, commander, 32d Medical Brigade gave a pep talk and the brigade's history.

Teams made up of males and females from 187th and 232nd competed in events such as the one-mile baton relay race, the 100-yard dash, three-legged sack race, tug of war, and the cadre litter race.

Coleman and Command Sgt. Maj. Sampson Rush presented T-shirts to all participants. 232nd Medical Battalion received the first place trophy for overall points earned and 187th Medical Battalion received the trophy as runner-up.



32d Medical Brigade



Left to right, Col. Maureen Coleman, commander, 32d Medical Brigade, Command Sgt. Maj. Michael Kelly, and Lt. Col. Rafael Dejesus, commander, 232d Medical Battalion, join Command Sgt. Maj. Sampson Rush, brigade command sergeant major in congratulating soldiers of the 232nd Medical Battalion and accept the first place trophy for overall points earned at the Brigade Holiday Challenge.



Drill Sergeant Donald St. Ann and 1st Lt. Rochelle Gardner, B Company, 187th Medical Battalion, accept the Commander's Cup Award for athletic excellence from Col. Maureen Coleman, 32d Medical Brigade commander. B Company, 187th Medical Battalion compiled a total of 2,490 points during the annual athletic competition in various male and female team sports such as basketball, volleyball, soccer and softball.



Soldiers from 187th Medical Battalion complete the one-mile baton relay race at the Brigade Holiday Challenge.



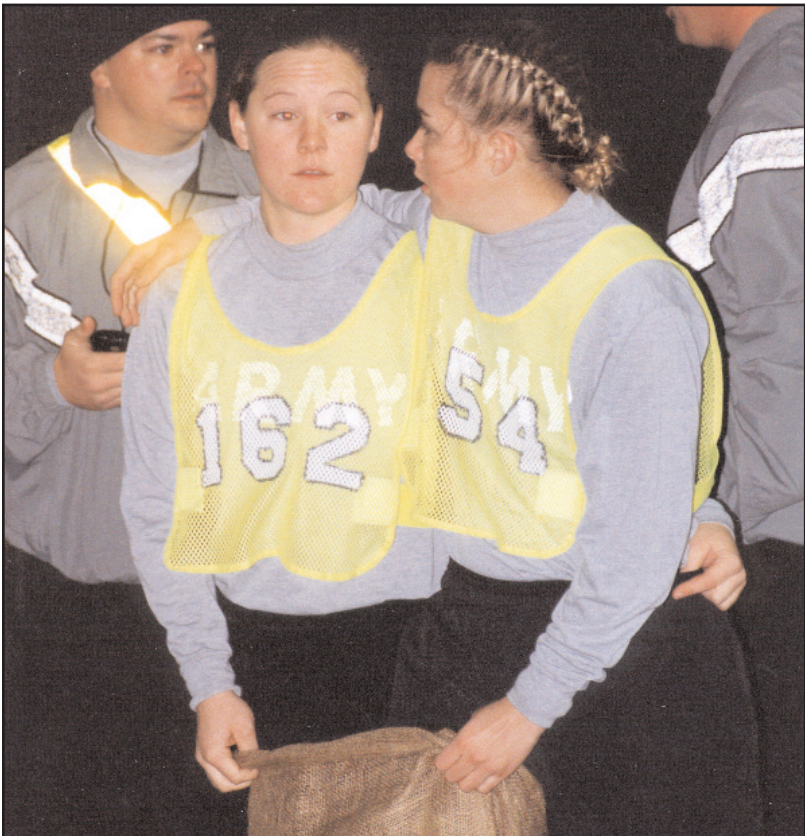
Soldiers from 187th and 232nd Medical Battalions take off during the cadre litter race. The Brigade Holiday Challenge held Dec. 13 marks the re-designation of Center Brigade to 32d Medical Brigade.



Soldiers from E Company, 187th Medical Battalion, Capt. Todd McNiesh, commander, center, and Pfc. Jamall Postell, eagle mascot, provide support for their teammates competing at the Brigade Holiday Challenge held Dec. 13.



Spc. Elaine Harper, B Company, 187th Medical Battalion, and teammates pull with all their might to win the tug of war event at the Brigade Holiday Challenge.



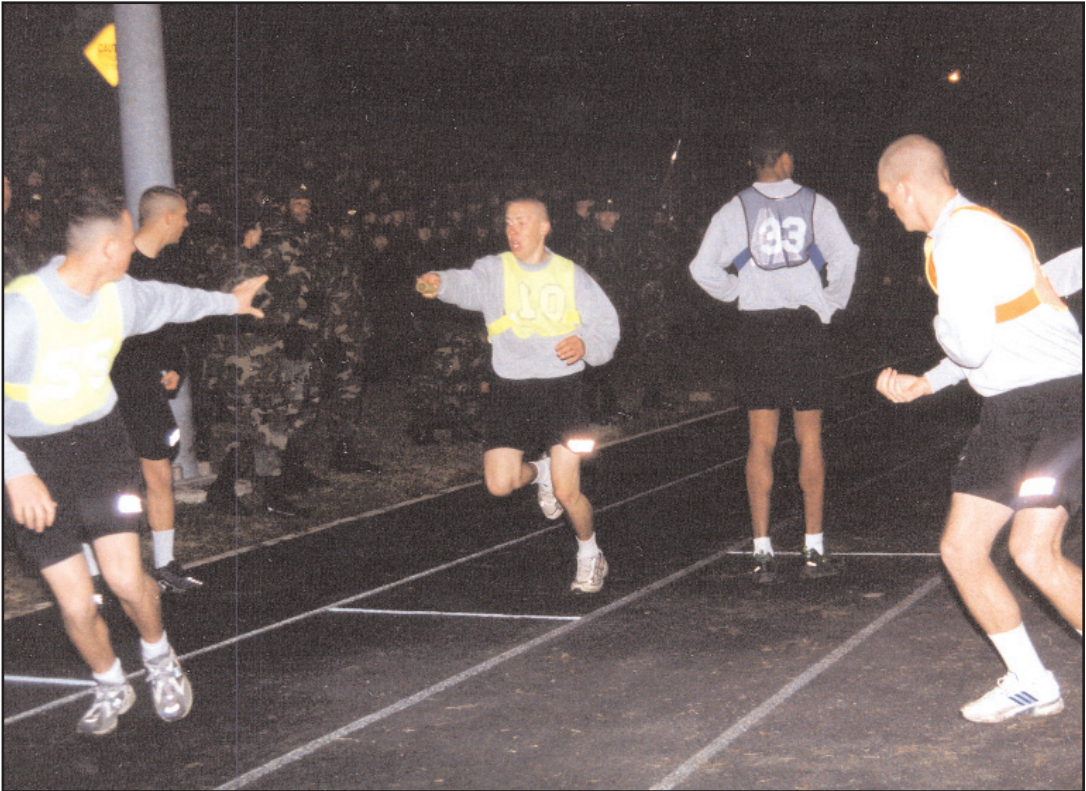
Privates Karen Saturn and Jessica Swann, assigned to F Company, 232nd Medical Battalion, placed first in the three-legged sack race in their division during the Brigade Holiday Challenge.



Left to right, 187th Medical Battalion Commander, Lt. Col. Timothy Newcomer, Command Sgt. Maj. Paul Brown, Spc. James Gibson, Pfc. Jamall Postell, eagle mascot, Capt. Todd McNiesh, and Pfc. Dorthea Rayty accept the runner-up trophy for the battalion.



Right to left, Capt. Chad West, commander, F Company, 232nd Medical Battalion, visits with Capt. David Glen and Drill Sgt. Joseph Bailey, E Company, 232nd Medical Battalion, during the Brigade Holiday Challenge. 232nd Medical Battalion soldiers competed against 187th Medical Battalion soldiers in various events such as the 100-yard dash and the one-mile baton relay.



Two soldiers exchange the baton during the one-mile baton relay race, one of several events during the Brigade Holiday Challenge.

DoD Suicide Prevention Awareness Campaign held

The Department of Defense held its first Suicide Prevention Forum at Henderson Hall in Arlington, Va., last week as a part of the First Annual DoD Suicide Prevention week.

“We are naming 2003 as the Year for Suicide Prevention,” said Dr. David Tornberg, deputy assistant secretary of defense for clinical and program policy. “This is a devastating and silent killer both in the military and civilian populations, and one which we must strive to conquer through enhanced scientific understanding and intervention.”

Following the presentations, a group of physicians, nurses, psychologists, social workers, chaplains, line officers and enlisted personnel from each of the services developed the campaign plan for 2003 as the Year for Suicide Prevention.

Keynote speakers included international experts Kay Redfield Jamison, Ph.D. from John Hopkins; David Jobes, Ph.D. from Catholic University; Jane Pearson, Ph.D. from the National Institute of Mental Health; and Dr. Alex Crosby from the Centers for Disease Control and Prevention.

Representatives from each of the military services presented updates on their programs. Among the innovative programs discussed were an Air Force research project on the treatment of suicidal patients, a Navy and Marine Corps video that teaches sailors and Marines how to help a shipmate who may be considering suicide, and the Army's "virtual person" computer simulation that allows people to practice the skills they have learned in suicide prevention training.

After accidental deaths, suicide is the second largest killer of American uniformed services personnel. Suicide is also a major killer in the civilian community. It took the lives of 29,199 Americans in 1999. All four branches of service - Army, Navy, Air Force, and Marines - are addressing this silent killer by working with researchers, psychologists, psychiatrists, mental health professionals, doctors and others from a wide array of related disciplines.

“Research into suicide is still in an embryonic stage,” said Jobes. Working with the services on their needs has provided significant advances in the field which will also have profound effects on how suicide is dealt with in civilian

healthcare. Each of the services has developed in-depth programs uniquely designed to address the issue within their populations.

“Suicide can be prevented but we must take action,” said Capt. Frances Stewart, chair of the DoD Suicide Prevention and Risk Reduction Committee. “Everyone counts' is the slogan for the joint awareness campaign because at the heart of the matter we are there for each other.”

Suicide prevention and depression signs

- Immediate Danger Signals:**
 - Talking about or hinting at suicide.
 - Giving away possessions or making a will.
 - Obsession with death, sad music, or themes of death in letters or art.
 - Making specific plans to commit suicide and access to lethal means.
- Signs of Depression:**
 - Significant change in behavior, appetite and/or sleep habits.
 - Loss of interest or pleasure in usual activities.
 - Complaints or evidence of diminished ability to think or concentrate.
 - Feelings of worthlessness, self-reproach, or excessive guilt.
 - Withdrawal from family or friends.
- What to do if you believe someone may be suicidal:**
 - Notify the chain of command.
 - Take all threats seriously.
 - Confront the problem.
 - Be direct, don't be afraid to discuss suicide with them.
 - Tell the person you care.
 - Get professional help for the soldier (Chaplain, CMHS, medical care if needed).
- What not to do:**
 - Don't leave the person alone.
 - Don't assume they aren't the suicidal type.
 - Don't act shocked at what the person tells you.
 - Don't keep it a secret.

End the holidays feeling healthier and more ‘nutritionally well’

By Capt. Amanda Sylvie
Special to the News Leader

With the beginning of the holiday season, you may notice the dietary challenges that begin appearing on a daily basis. I would like to bring you a few ideas for “holiday survival” that may help you end the holidays feeling healthier and more “nutritionally well” than when the holidays began.

“First-Aid Kit” for Holiday Survival

- Take low-fat snacks along when shopping to prevent yourself from overeating at fast food places in the malls.
- Add 15 minutes to your exercise routine. Make walking before or after your holiday meal a new tradition.

- Drink eight ounces of water and eat two servings of vegetables an hour before a holiday party. Bring a healthy item to parties. Socialize and focus on people rather than the food.
- Keep in mind when eating at buffets that small “tastes” may add up to a lot of high-calorie food.

Cooking Techniques and Recipe Modification

Fat-free products do not automatically decrease caloric content. Choose lower-fat or fat-free dairy products, meat items, and condiments such as mayonnaise and margarine. However, fat-free desserts like cookies may not save many calories. To lighten the calories in your favorite holiday foods, try some of the following



ideas:

- Light, dessert-style yogurts (except coconut cream pie) as a fresh fruit or pie topping.
- Use applesauce or a fruit-based commercial replacement for butter, margarine, oil or shortening to replace fat in brownies, muffins, quick breads.
- Choose reduced-fat pie crusts and fat-free sweetened condensed milk.
- Use seasonal vegetables and fruits: winter squash, Brussels sprouts (great when topped with teriyaki sauce), pumpkins, and cranberries (add to sauces, muffins, and sweet breads).
- Look for low-sodium sauces, bouillons and soups.
- Substitute applesauce for the mar-

garine (may need to slightly reduce liquid used in the recipe) in stuffing mixes.

- For small dinners, choose a turkey breast rather than cooking a whole turkey.

It is always fun to surprise your family with tasty creations from the kitchen. Start out by serving delicious spreads such as apple butter, roasted garlic or pumpkin butter over warm multi-grain bread. To lighten the mashed potatoes, use fat-free butter substitutes and evaporated skim milk. Horseradish and/or garlic provide a rich flavor for your mashed potatoes, also. Hot apple cider provides a sensational aroma and is lower in fat and calories than liquors or eggnog.

Note: Capt. Amanda Sylvie, is assigned to Nutrition Care Division, Tripler Army Medical Center, Hawaii.

Adding nutritious nuts contributes to a well-balanced diet

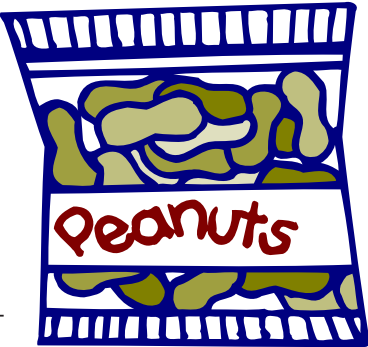
By 1st Lt. Molly Abraham
Special to the News Leader

Do you avoid eating nuts because you think they are fattening? If you are a nut lover and have given up nuts because they are high in calories and fat, this article is for you.

New research shows that nuts are actually good for you in moderation. The “Dietary Guidelines for Americans” recommends a balanced diet with plenty of variety. Eating nuts in moderation contributes variety and balance to any diet. This article will discuss the many ways you can include nuts as part of a well-balanced diet.

Nuts are storehouses of many nutrients necessary to good health. Nuts are rich sources of vitamin E, folic acid, and fiber, which contribute to heart health. They are also good sources of the B vitamins, magnesium, potassium, and copper, with 1 ounce (about 1/4 cup) of nuts contributing at least 10 percent of the RDA.

Although nuts are relatively high in



fat, they contain mostly monounsaturated fat. This type of fat can help decrease the LDL (low-density lipoprotein or bad cholesterol) while maintaining the HDL (high-density lipoprotein or good cholesterol).

Gaining weight or “becoming fat” is not the result of eating fat, but occurs when people eat more calories than they expend through activity. Studies show that eating nuts may even help decrease body weight. This is because nuts are satisfying and may decrease the amount of other foods eaten. For example, eating 1/4 cup of nuts as a snack may keep you from getting really hungry and overeating at your next meal.

There are many ways to include nuts in a healthy diet. Besides snacking on nuts, adding them to dried fruit and pretzels makes a great trail or snack mix. Toss a handful of nuts into a salad, stir-fry, pasta or rice dish. Top ice cream, yogurt, or pancakes with nuts for added flavor and texture. It is easy to add nuts when baking. Throw chopped nuts into the batter or substitute 1/3 cup finely

ground nuts for 1/3-cup flour in breads, cakes, and cookies.

Besides eating plain nuts, you can also get benefits from nut butters like peanut butter. You can make your own nut butters by grinding nuts in a food processor and adding vegetable oil (preferably peanut or canola oil) until you reach the desired consistency. Nut butters are a great addition to toast, bagel, or waffles. Use peanut butter as a sauce base for chicken and pasta dishes or when stir-frying. Spread peanut butter on crackers or dip veggies in peanut butter as a snack.

Storing nuts in a cool dry place is important if you are not going to use them right away. Due to their high fat content, nuts are prone to rancidity. They will stay good for up to one year if stored in the freezer in an airtight container.

Nuts can be a healthy addition to any diet if used in moderation as part of a well-balanced eating plan.

Note: 1st Lt. Molly Abraham, is assigned to Nutrition Care Division, William Beaumont Army Medical Center, Texas.

USO sets up hospitality area at the airport for homeward bound soldiers

Just a reminder that the holidays are coming! That means the San Antonio USO will activate two satellite USO areas for military personnel for Operation Homeward Bound Dec. 19, 20, 21 at the San Antonio International Airport (Terminals one and two) from 4 a.m. to 4 p.m.

A place to relax, have some light refreshments, read a book, watch a video, and get ready for your flight home. Best holiday wishes from the staff and volunteers of the USO, and the people of San Antonio.



91W series put to test at Bagram Air Base

By Spc. Erica Leigh Foley
28th Public Affairs Detachment

It's the middle of the night in the war zone. The moon is full and the emergency room is quiet. Surgery packs are being cleaned and drawers are stocked with catheters, gauze, antiseptic and various medical supplies by the 91Ws.

The 91W series is a new series in the medical care spectrum. The scope of practice was so similar between the 91C, who are licensed practical nurses, and 91B, medics, that the two military occupational specialties merged.

"The 91C covered basic practical nursing, clinical skills, minor nursing procedures, medical assisting. The 91B's covered emergency medical treatment, patient resuscitation and basic medical assisting," said Spc. Tony Fantasia, 91W, 339th Combat Support Hospital.

With little warning, but to no surprise, a medevac arrives with a wounded patient.

A 31-year-old John Doe, the driver of a high mobility multi-wheeled vehicle, drove over and detonated a landmine near the Pakistan border. The mine perforated two layers of Kevlar armor in the floor. Doe sustained a massive laceration on his left arm and open fractures to both legs. The 91W on site wrapped the injuries and administered two morphine injections, keeping a constant eye on Doe's vitals and assessing the injuries.

"The 91Whiskeys are our first line of defense here," said Staff Sgt. Rodney Glass, Bagram Air Base emergency room noncommissioned officer in charge. "From the time a person goes down through the first hour is what we call the precious hour. The 91Ws identify what is

wrong, what needs to be done and why the patient is here."

They also search for weapons when Afghan locals are brought on base for treatment, insert IVs, administer medications, check blood pressure, load and unload patients and brief doctors on the injuries of the incoming patients.

Fantasia was a 91C before the two skills merged two years ago. He also works as a licensed practitioner nurse and registered nurse in his civilian job.

"The merge allows the 91B to gain more experience in clinical procedures that LPNs perform, and LPNs gain more experience in the trauma and emergency medical aspects," he said.

This allows for the formation of more well-rounded medics and medical assistants. The scope of practice eliminates stagnation in an MOS. Those interested in continuing with medical professions have the necessary exposure in the field, Fantasia said.

Doe was evaluated by orthopedic surgery. He had some sensation in his left foot, but it was unreliable because of the medications administered to him.

While Doe was under emergency care, a 91W helped the doctor start a central IV line for the fluids and medications. He connected the blood pressure monitor, cardiac monitor, oxygen sensors and the pulse-oximeter — which reads the oxygen level of the patient — to Doe and remains ready to assist the doctor.

Before the operation, the 91W helps prep and drape both lower extremities, in addition to irrigating and taking debris out of the lacerations on the legs.

With the merger, a combat soldier not only has a medic with good trauma skills, but one with the training to perform

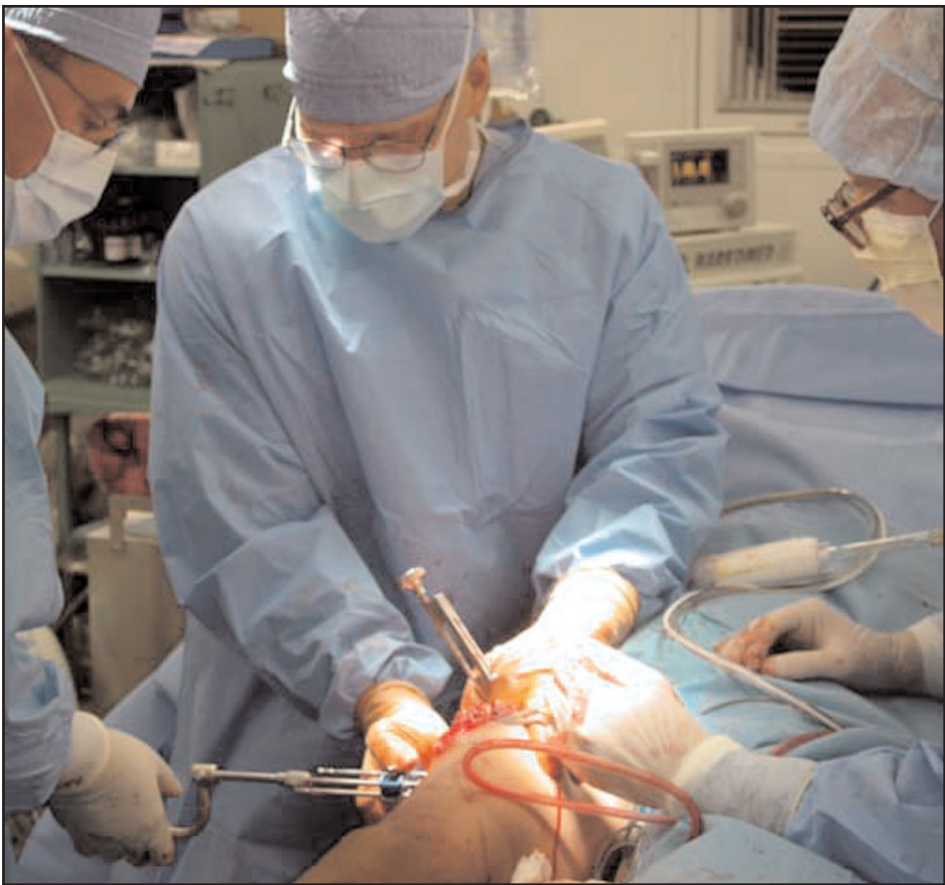


Photo by Spc. Tony Fantasia
The 91Ws help doctors from preparation to surgery during emergencies because they are trained for trauma and clinical procedures.

minor surgical skills necessary for rapid stabilization and treatment of life threatening injuries, Fantasia said.

"The transition has allowed me to explore other avenues of medicine because I have been allowed to practice certain procedures under the auspice of a doctors license," he said.

Fantasia isn't the only 91W glad to have the experience. "When you are in a battlefield situation, you see things you have never seen before," said Glass.

Unfortunately, the left foot was ampu-

tated, but thanks to the immediate and professional care from the 91Ws and the Bagram Trauma Room the right injured leg and left arm will be functional after recovery.

"This is a great job, you get to see a lot and it's always challenging," said Glass. "I have learned so much. I feel like I have really helped people. I thank God everyday American's do not have to see the things we see here on a daily basis — but I also thank him for the opportunity to help here."



Soldiers must have the skills to perform invasive procedures while treating battlefield casualties. Supportive care, combat trauma, and patient evaluation are among eight training modules evaluated during the exercise.

Medics complete training with FTX at Bullis

Story and photos by Phil Reidinger
Fort Sam Houston Public Affairs

Soldiers assigned to D Company, 232nd Medical Battalion, tested their skills and battled changing weather conditions last week at Camp Bullis during a seven-day field training exercise prior to graduating from the 91W course.

The sixteen-week course is an intense training program that tests the soldiers grasp of 134 critical tasks. Prior to beginning the combat medic phase of training, the soldiers must successfully pass the national registry Emergency Medical treatment certification examination

after the initial six weeks of training.

Traveling through combat training lanes, the soldiers experience both sides of the medical evacuation process as medics and patients. According to Maj. Daniel St Armand, field training exercise director, the dual role gives the soldiers a better impression of what it is like to be a patient as their comrades treat and evacuate them.

To make the training as realistic as possible, the soldiers rotate through the patient role as casualties with moulage wounds depicting various types of battlefield injuries such as amputations, compound fractures and bullet wounds.



Soldiers rotate as patients complete with the correct moulage that represents their wounds during the 91W field training exercise as battlefield casualties. Moulage representation of injuries supports soldiers' patient assessments and triage at casualty collection points on the battlefield.

New TRICARE Mail Order Pharmacy to open March 1, 2003

By Rudi Williams
American Forces Press Service

More than 400,000 military pharmacy mail order customers will be switched March 1, 2003, to a new TRICARE Mail Order Pharmacy program, according to Army Col. William D. Davies of the TRICARE Management Activity, Falls Church, Va.

Services will continue under the National Mail Order Pharmacy contract until Feb. 28, 2003, he noted. The next day, March 1, Express Scripts Inc. will provide services under the new TRICARE Mail Order Pharmacy program, Davies said.

Express Scripts Inc. of Maryland Heights, Mo., won the \$275 million, five-year contract in September to provide mail order pharmacy services for TRICARE beneficiaries.

The director of DoD pharmacy programs, Davies said beneficiaries who have refills remaining on prescriptions on March 1 will be transferred to Express Scripts so they can continue ordering medications on time, with a few exceptions.

"We can't transfer narcotics or other controlled substance prescriptions. Nor can we transfer compounded prescriptions — those that are physically prepared by the pharmacy," said Davies, a registered pharmacist with more than 23 years of active duty service.

Medication that requires refrigeration is shipped through priority mail or a courier service, such as FedEx, the pharmacist said.

"That's one reason we don't send medications that require refrigeration to APO and FPO addresses overseas," he noted.

TRICARE beneficiaries living and working overseas can use the mail order pharmacy if they have an APO, FPO or a U.S. embassy address. But the prescription must be written by a provider licensed to practice in the United States.

In early January, current users should receive a post card announcing the new services. That will be followed by a mailing which will include a registration form, a description of benefits and a brochure covering the TRICARE program.

Those eligible to use the current mail order program or the retail benefit are eligible to use the new TRICARE mail order program. New customers have to register for the program. Information will be provided through the TRICARE service centers, military treatment facilities pharmacy as well as their marketing points of contact.

The usual delivery time for medication is five to seven days. The easiest way for patients to ensure they don't run



out of their medication is to have the provider write for up to a 90-day supply with up to three refills. The beneficiary can request a refill once 75 percent of the medication has been used.

"So about Day 70 into their medication, they can request a refill," Davies said. "That provides them a cushion."

He said all medication is screened for potential drug interactions or therapeutic overlaps that could produce an adverse drug reaction. He said patients' complete beneficiary profiles are entered into the Pharmacy Data Transition Service, which enhances patient safety by keeping their medication records current, on file and readily available.

The new contract saves taxpayers' dollars because it calls for purchasing drug products at federal prices. Best federal prices are at least 24 percent below average commercial wholesale prices Davies estimated.

The TRICARE Management Activity will manage the new contract. The current, national contract has been managed by the Defense Logistics Agency's Defense Supply Center in Philadelphia.

Patients can fill prescriptions three ways: by direct care at military treatment facilities, or the retail pharmacy network or the mail order program, Davies noted.

The direct care system serves the bulk of the beneficiary population, he said. About 2.5 million beneficiaries use the retail pharmacy network because they don't have access to a military facility.

Most of the 400,000 beneficiaries who use the mail order program do so for chronic medication or maintenance medication needs, Davies said.

"We want beneficiaries who have long-term medication needs to consider using the mail order program. It provides up to a 90-day supply of most medications for a single co-pay, whereas they only receive a 30-day supply for a single co-pay in the retail network pharmacy system," he said.

Under the TRICARE Mail Order Pharmacy system, the co-pay for up to a 90-day supply for most medications is \$9 for branded products or \$3 for generics. Exceptions include controlled substances, and active duty members pay no co-pays.

For more information, including a complete section on the co-pay structure, visit the TRICARE Web site at www.tricare.osd.mil. Reservists can check the site for details of their benefits under the program.

Beneficiaries can also use the Express Scripts Inc. Web site by clicking on the DoD seal at www.express-scripts.com after the site debuts Jan. 15, 2003.

DoD releases new housing allowance rates for 2003

The Department of Defense released the 2003 Basic Allowance for housing rates Dec. 12 continuing the Department's initiative of reducing military members' out-of-pocket housing costs. In total, the planned increase in housing allowance funds for Fiscal 2003 is about \$800 million above the Fiscal 2002 amount.

The 2003 rates represent the third phase of the planned buy down in out-of-pocket housing expenses. Other components of the increase are geographic rate protection and housing cost inflation.

For members with dependents, average increases in BAH range from one to

27 percent by grade with the typical increase in the range of eight percent. A typical E-5 with dependents, for example, will find his/her BAH about \$71 per month higher than last year. An E-8 with dependents will have about \$95 more in his/her paycheck.

Out-of-pocket expenses, that portion of housing costs for which the member is responsible, have been reduced from 11.3 percent last year to 7.5 percent this year for the average service member. The 2003 rates represent the third in a series of steps to bring the average member's out-of-pocket expense to zero by 2005. Out-of-pocket expenses will fall to 3.5

percent next year.

An integral part of the BAH program is the provision for individual rate protection to all members. No matter what happens to measured housing costs, no member in a given location will ever see his/her BAH rate decrease. This policy ensures that members who have made long-term commitments in the form of a lease or contract will not be penalized if the area's housing costs decrease.

Geographic rate protection has also been provided to members. While the planned buy down in out-of-pocket expense is phased in, BAH rates for a given locality will not decrease.

Geographic rate protection means that newly arrived members to an area will not see BAH rates that are substantially less than current members' rates.

"An important part of the BAH process is the cooperation from the services and especially local military housing offices in the data collection. Input from local commands is used to determine what neighborhoods to collect data from and to point us to apartment complexes and individual housing units that are appropriate for our military members," said Capt. Chris Kopang, director of military compensation.

United Way and CFC thank generous community for largest campaign ever

Surmounting the formidable challenges of a sagging economy and reductions in the workforces of several local major employers, the largest community-wide campaign in the history of United Way of San Antonio and Bexar County will soon be realized. The progress to date of this historic fundraising effort, announced at a holiday breakfast Monday, Dec. 9, at the Marriott Rivercenter Hotel, adds up to \$38,441,488.

United Way campaign chairman for 2002, Jean Gaulin, retired chairman and CEO of Ultramar Diamond Shamrock, reported on the campaign's status to the 300 United Way supporters gathered to celebrate the hard-won success. "This number is not a final number," Gaulin emphasized.

"We have campaigns that are just beginning and some that will not begin until after the first of the year," he stated. "Today, though, represents the culmination of 12 months of hard work by thousands of United Way volunteers — and



tens of thousands of contributors!"

"This generous community has always shown an optimism and resilience rarely seen in other large communities," he emphasized.

"We always seem to overcome adverse conditions."

The Combined Federal Campaign, through which military and civilian federal employees contribute, raised \$5.2 million for the campaign, as reported by Lt. Gen John D. Hopper Jr., USAF, vice commander, Air Education and Training Command.

The United Way campaign, currently \$258,512 short of its goal of \$38.7 million, will continue on through the next three months. At its current status, the 2002 campaign has already surpassed the 2001 record-setting campaign of \$38.3 million.

"We will all be working hard to complete the work and expect to report our final figure in late February," Gaulin promised.

Source: United Way news release.



Photo by Esther Garcia

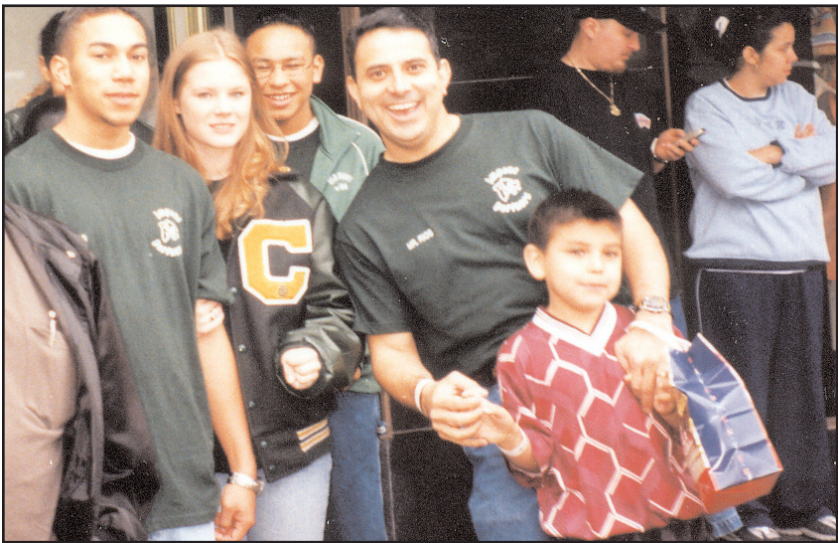
Chief Warrant Officer John Fraser, 323rd Army Band commander, receives a videotape and a book about Walter Jurmann from Yvonne Jurmann. Her husband was a successful musical composer who came to America from Austria. His first triumph in America was "San Francisco." Jurmann composed the song "San Antonio" (the city of many charms) following a visit to San Antonio. This song was unveiled at a benefit of the Women's Pavilion of Hemis-Fair in 1968. Mayor Ed Garza recognized Yvonne Jurmann and her husband's contributions at City Hall this week.



Courtesy Photo
Cole students Melissa Velez and Shataya Wells lead the way at the MS Walk, followed by teammates Carmen Parker, Brian Parker and Missy Davis.



Courtesy photo
Top fundraisers and team captains of the “Cole Cougars Care” team accept the award for the “Largest Team in San Antonio” from Roy Rangel, executive director and vice president of the Lonestar Chapter of the National Multiple Sclerosis Society. Row 1: Vanessa Morales. Row 2: Sgt. 1st Class Bill McCain, U.S. Army National Guard, Robin Philbrick, team captain, Amanda Bray, David Martin, Amanda Lewis, Aurora Page, Cathy Waring. Row 3: Roy Rangel, Dan Philbrick, and team captains Brian Parker and Dr. Roland Rios.



Courtesy Photo
Roberto Montanez, Katie Benson, Luis Montanez, Cole Principal, Dr. Roland Rios and his son Aaron, await the start of the MS Walk.



Courtesy photo
Members of the Cole team celebrate at the finish line at the annual Multiple Sclerosis Walk. More than \$3,000 was raised for research.

Cole students lead the way at the Multiple Sclerosis Walk

By Robin Philbrick
Special to the News Leader

Last spring, the “Cole Cougars Care” team raised an impressive \$3,310.44 for Multiple Sclerosis research. Organized by the award-winning IMPACT Partners, a group of dedicated high school student volunteers, Cole’s team at the MS Walk was 259 members strong.

Recently, students, family members, faculty and staff were honored to receive the “Largest Team in San Antonio” award from Roy Rangel, executive director and vice president of the Lonestar Chapter of the National Multiple Sclerosis Society (NMSS). Cole Jr./Sr. High School, with a population of 443 students, bested areas 5A schools and corporations for the honor.

At a pizza party to celebrate the occasion, NMSS Development Manager Tony Ralf was impressed to learn that the students had partnered with the U.S. Army National Guard in their fundraising effort. Sgt. 1st Class Bill McCain and Sgt. 1st Class Antonio Villanueva of Headquarters Company, Recruiting Command, 49th Armor Division, worked with Cole student team captain Brian Parker, who visited the Guard Armory on several occa-

sions.
“I was very happy to work with such great people for such a good cause,” said Parker. “I hope we can do even more next time.”
While fundraising was the predominant objective, there was educational value and lessons for all who participated in the MS Walk. For some students, it was the value of service to others.
Portia Cordova said, “I did the walk with a friend whose mom has multiple sclerosis, so we wanted to help.”
“Giving to a good cause – giving to someone who needs help – that’s what it’s all about,” agreed Rickey Simmons.
For others, it was the value of team effort. Aurora Page stated, “The best thing was seeing how many people showed up. We all worked together as friends.”
Barry Johnson added, “For me, the best part was knowing we raised a lot of money and that we were doing something for the community. It was great seeing how many different groups were a part of the Walk.”
“Yes,” said Skii Hall. We all came together as one team to achieve a common goal – to help others.”
The lessons, it appears, were well learned.



Courtesy photo
Cole honors “Principal’s Students of the Month”
Each month Cole Jr./Sr. High School recognizes one student from each grade level for his/her outstanding attitude, citizenship, and overall contribution to the school. Their teachers nominate the students and then the faculty of each grade level selects one student. The recipients for November 2002 are (back row left to right) Devon Jackson, 7th grade; Tommy Leeds, 8th grade; (front row left to right) Thomas Peterson, 9th grade; Tara Trepkowski, 10th grade; Kelly Dorman, 12th grade; and Ashley Mullins, 11th grade.

Fort Sam Houston ISD

Winter Break Dec. 23 – January 3, 2003

(School resumes on Monday, January 6, 2003)

Robert G. Cole Jr./Sr. High School

Friday, Dec. 27 and Saturday, Dec. 28
Girls Varsity Basketball Tourney at Natalia - TBA
Boys Varsity Basketball Tourney at Devine - TBA

Tuesday, Dec. 31
Girls Basketball vs LaVernia at Cole – 1 and 2:30 p.m.

Friday, Jan. 3
Girls Varsity Basketball vs Gervin at Cole – 6:30 p.m.
Boys Basketball vs Gervin at Cole – 5 and 8 p.m.

Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP office, Bldg. 2264 or call 221-1213.

Credentialing Analyst - San Antonio. Requires experience in healthcare field, preferably in provider relations, with experience in a credentialing production environment. Effective verbal and written communications skills needed. PC experience to include Windows, Work, Excel and other business related database.

Library Clerk - San Antonio. High School or GED and 1 year law library experience. Additional education in a related field may be substituted for experience.

Counselor, LPC - San Antonio. MS degree in a counseling profession with a current license to practice counseling issued by the State of Texas. Two years experience in HIV or other catastrophic illness. Training in assessment of substance abuse and mental health.

Clinical Data Associate - San Antonio. Support other Clinical Data Associates working through a database finding discrepancies. Generates and resolves queries. Successful candidate must be assertive and be able to work well with others.



Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, contact Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: news.leader@amedd.army.mil or fax to 221-1198.

Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request.



- For Sale:** 29-gallon aquarium with hood, filter and heater, \$25. Call Mike, 829-0035.
- For Sale:** Five piece black dining room set (four chairs and glass table) for \$75 cash. Call 846-5262.
- For Sale:** 1979 T-Top Camero for \$300 obo. Call 661-5239.
- For Sale:** Twin size canopy bed, white and gold head and footboards, Serta firm mattress, \$150 obo. Call Mike at 829-0035.
- For Sale:** Kimball Console upright piano, \$900; Insty Silver Shade Canopy carport with sides, \$150; RCBS reloading equipment, \$60; Radio Shack remote control car, like new \$25. Call 223-7960.
- For Sale:** Small breakfast table with two chairs, \$50; microwave oven, \$35; Hoover Vacuum, \$25. Call 212-5383.
- For Sale:** All pine full size loft bed with computer desk, bookshelves, ladder and Futon mattress, \$375. Call (210) 277-1657.
- For Sale:** 1998 White Ford F-150 Lariat with step side, super cab (38K miles), automatic V8, 6 Disc CD, power windows and door locks, Alloy wheels and bedliner, in great condition, \$15,000. Page Randy at (210) 603-1697.
- For Sale:** Like new white wicker vanity with mirror and bench \$100, 20” girls bicycle in excellent condition, \$30. Call 210-697-9261.
- For Sale:** 1992 Ford Conversion Van by Mangum with electronic rust prevention, \$2,495; 1985 Honda Accord Hatchback, 5-speed, stereo AM-FM and CD player, no A/C, \$995; Also a portable Basketball pole and backboard with wheels, \$39. Call 659-6741.
- For Sale:** 1996 SUV- Ford Explorer, XLT, 92K mileage, automatic, A/C, power steering, windows and locks, \$5,800. Call 495-2296.
- For Sale:** Side-by-side refrigerator, \$375; stove, \$190; chest freezer, \$175; washer and dryer, \$295; bread machine, 435 and Play Station 2 games (6), prices range from \$10 to \$12. Call Jerald at 648-6321.
- For Sale:** Dress and nightstands, \$40 obo; couch and loveseat, \$50 obo; TV cart, \$20; computer cart, \$50, glass table top, \$15 and more. Call 637-1404.
- For Sale:** Sealy Posturepedic single mattress and box springs. Excellent condition. \$60. Call 658-5760.
- Garage Sale:** Saturday, Dec. 21 at 7266 Ruby Palm place on Eisenhower and Midcrown.
- Free to good home:** Gray/white male cat, one year old, neutered, de-clawed, shots up to date, with a wonderful personality. Comes with carrier and litter box. Call Mike at 829-0035.
- Wanted:** Moving boxes, all sizes, call 212-5383.





Community events

“TWIGS” at the Harlequin Dinner Theatre, now through Dec. 21

The Harlequin Dinner Theatre is featuring “TWIGS”, a comedy by George Furth, Wednesday through Saturday evenings now through Dec. 21. Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discounts for military personnel. The house opens for cocktails and salad bar at 6:15 p.m., dinner is served from 6:30 to 7:30 p.m. and curtain time is 8 p.m. For reservations call (210) 222-9694 or visit the theatre in advance. The box office is open Monday through Friday from noon to 5 p.m. and Saturdays from 1 to 5 p.m. Theatre is handicapped accessible.

Texas Hill Country Regional Christmas Lighting Trail

The annual Texas Hill Country Regional Christmas Lighting Trail which includes: Blanco, Boerne, Bulverde, Fredericksburg, Goldthwaite, Johnson City, Llano, Marble Falls, New Braunfels, Round Mountain and Wimberley is currently under way. These communities will celebrate with lights and displays galore, festivals, concerts and much more now through January 1, 2003. For information call (830) 997-8515.

Edison Band plans Christmas Concert, serenades neighborhood

The Thomas A. Edison High School “Golden Bear” Band will present its annual Christmas Concert on Thursday, Dec. 19. The program will begin at 6:45 p.m. in the Edison High School Auditorium, 701 Santa Monica Street.

Fiestas Navidenas, Dec. 21-22

Held the first three weekends in December at the Market Square, this event includes children’s choirs serenading visitors, children’s folkloric dance groups, youth mariachi and visits with Pancho Claus, Santa’s cousin from south of the border. (times to be announced). Events include Feria de Santa Cecilia and La Gran Posada. Sponsored by the Parks and Recreation Department Market Square Office. For information call 207-8600.

San Antonio Express-News Pops Concert

The San Antonio Symphony invites you to a nostalgic celebration of the life, music and victories of the years surrounding World War II. The San Antonio Express-news Pops Concert, Five by Design in Radio Days, Willis Delony conducting, will be held at the Majestic Theatre, 226 East Houston Street on Dec. 27 and 28 at 8 p.m. and Dec. 29 at 2 p.m. Tickets range from \$26 through \$55 and can be purchased at the box office, 554-1010 or Ticketmaster at 224-9600.

“Know Your Score” Cancer Awareness program for December

The American Cancer Society’s “Know Your Score” public awareness and early detection campaign about prostate and colon cancer encourages men age 40 and older to get screened and tested for prostate and colon cancer. As an incentive for getting screened, and with sponsorship provided this year’s Alamo Bowl presented by MasterCard, each man screened will receive two free tickets to attend the Alamo Bowl on Saturday, Dec. 28. For information call (210) 567-0214.

Audition for “Cowardy Custard” Jan. 6 and 7

Harlequin Dinner Theatre will hold auditions on Jan. 6 and 7 for “Cowardy Custard” a musical revue of the

¿Que Pasa?

works of Noel Coward. Auditions will be held from 7 to 8:30 p.m. both nights with William C. Champlin directing.

To audition you must have a song prepared. An accompanist will be available on the piano. Casting is flexible but there are roles available for approximately five men and five women. Other volunteers are needed as light and sound technicians, props and stage crew. Performances will be held Wednesday through Saturday evenings from Feb. 19 through March 22. For information call the Harlequin Dinner Theatre at (210) 222-9694.

“Murder on the Nile” begins Jan. 8

The Harlequin Dinner Theatre is featuring “Murder on the Nile,” a mystery by Agatha Christie, Wednesday through Saturday evenings from Jan. 8 through Feb. 8.

Prices are \$25.95 on Friday and Saturday and \$22.95 on Wednesday and Thursday. There are discounts for military. Performances are Wednesday through Saturday evenings. Cocktails and salad bar are served at 6:15 p.m. and dinner from 6:30 to 7:30 p.m. Curtain time is 8 p.m. For reservations call (210) 222-9694 or visit the theatre in advance. The box office is open Monday through Friday from noon to 5 p.m. and Saturdays from 1 to 5 p.m. Theater is handicapped accessible.

Gemini Ink Production Celebrates the Life of Spirit

To bring in the New Year, Gemini Ink invites you to a different notion of the beautiful, a dramatic reader’s theater event that explores the life of spirit and the powerfully unknown. The serene gallery space of the Center for Spirituality and the Arts at 4707 Broadway will host this performance on Sunday, Jan. 19 from 2 to 3 p.m. Zen poems will begin and end a celebration in which audience members will be invited to participate. The event is free and open to the public. For more information, call 734-9673.

Volunteers

Black Employment Program Committee prepared for MLK celebration

The Black Employment Program Committee needs your help. The committee meets the third Tuesday of each month in Bldg. 142 conference room at 1:30 p.m. Preparations are underway for the upcoming Dr. Martin Luther King, Jr. Birthday Celebration in January and other Black history month activities in February. To volunteer, call the HR/EEO Office at 221-0218.

In the classroom

Primary Hand Receipt Holder’s Training Jan. 23

Material Management Section, Property Management Branch, Supply and Services Division, Readiness and Logistics Business Center will conduct Primary Hand Receipt Holder’s training from 8 to 10 a.m. on Jan. 23, April 24, July 24, and Oct. 23. The training will be held at the MEDCOM Contracting Center Training Room, Bldg. 4197, located on 17th Street and Wilson Street. Class size is limited to 30 people. For reservations, call Charles E. Loma at 295-4308, Alicia Torres at 221-4067, or your hand receipt manager.

ESL classes taught at the Roadrunner

Free English as a Second Language classes are held on Fort Sam Houston at the Roadrunner Community Center. They are designed especially for foreign-born spouses to increase reading comprehension, vocabulary, and pronunciation. Classes are appropriate for beginner, intermediate and advanced students with individualized group instruction. The Army Community Service Relocation Assistance Program and the Region 20 Education Center sponsor classes. To register, call 221-2418.

Otras Cosas

U.S. Army Soldier Show seeks talented soldiers

The U.S. Army Soldier Show is accepting application from soldiers who can sing, dance and or play a musical instrument and want to participate in the 2003 U.S. Army Soldier Show. To audition, submit a VHS demo tape, records brief, commander’s letter of release, entertainment resume, DA full-length photo, latest OER/NCOER and a copy of the most recent Army Physical Fitness test. For more information call Ben Paniagua at 224-7250 after 1 p.m. Packets must be submitted to CFSC in Washington, D.C. by Dec. 31.

Ten Star All-Star Basketball Camp

Applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp for boys and girls ages 10 through 19. Past camp participants include Michael Jordan, Tim Duncan and Vince Carter. Players from 50 states and 8 foreign countries attended the 2002 Camp. Camps are held throughout the U.S.A. For a brochure call (704) 373-0873.

TSP Open Season, now - Dec. 31

Thrift Savings Plan Open Season is now through Dec. 31. Contribution percentages or dollar amount changes can be done via Internet at www.abc.army.mil or via telephone at 1-877-276-9287. Allocations of your investment can be changed via computer at www.tsp.gov. TSP is one of the best benefits government employees have with matching government contributions to the Federal Employee Retirement System. TSP is a vital part of the three-part retirement program (TSP, Social Security, and Pension). The OPM has advised employees under FERS who do not actively participate in TSP contributions, they can expect a retirement annuity at or below poverty level. Congress is concerned that one quarter of employees under the FERS system are not contributing to the TSP. The contribution limits will rise by another percentage point to 13 percent for FERS and 8 percent for CSRS employees this season.

Meetings

Calling all shell collectors

The San Antonio Shell Club invites shell collectors and others interested in shells to their monthly meetings held every third Tuesday of the month at St. Asbury Methodist Church, 4601 San Pedro, at 7 p.m. For more information, call Mavis Frazer at 681-5353.

MOMS Club of San Antonio Northeast

The MOMS Club of San Antonio—Northeast is a support group for stay-at-home moms and their children. The monthly meeting is held on the first Tuesday of every month, from 9:45 am until 11:30 am. The club meets in San Antonio, at the St. Margaret Episcopal Church, 5310 Stahl Rd. Call Sandi for more information at 566-8162.

Mom-To-Mom Breastfeeding Support Group

Join the Mom-To-Mom Breastfeeding Support Group on Wednesdays, 1-2 p.m., at the BAMC Pediatric Clinic Conference Room (ask for directions from pediatric clinic front desk). All San Antonio area military beneficiaries are welcome. For information call (210) 916-1798.

FSH Sergeant Major Association Meeting

The Fort Sam Houston Sergeants Major Association meets at the FSH NCO Club every third Thursday of the month at 6 p.m. Retired Sgt. Maj. Oscar R. Ramos, president of the Association invites all active duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings and share in the relaxed atmosphere of our social activities. For membership information, call Command Sgt. Maj. Paul Brown at 221-1676.

